

Flower Essence Indications

Agrimony – The Honesty Flower - Brings happiness, feelings of joy and inner peace. Able to deal with confrontations.

Aspen – The Psychic Flower – Feeling confident and strong, centered, feeling protected.

Beech – The Tolerance Flower – Accepting and understanding, able to receive and give constructive criticism. Tolerant of people different from you.

Centauray – The Service Flower – Able to stand up for what you need in your personal life. Knowing when to say yes or no.

Cerato – The Intuition Flower – Eager to learn, intuitive, trusting yourself and your inner guidance.

Cherry plum – The Openness Flower – Spiritually courageous and strong, able to control emotions well.

Chestnut bud – The Learning Flower – Excited to learn, good at listening and paying attention.

Chicory – The Motherliness Flower – Good at giving without expecting anything in return, in touch with your emotional needs, giving love and feeling love.

Clematis – The Reality Flower – Awakens creativity, realistic and able to see clearly.

Crab apple – The Cleansing Flower – Accepting of oneself, able to create order, understanding how things fit together.

Elm – The Responsibility Flower – Takes responsibility for one's needs, understanding that you do what you can, able to receive help when needed.

Gentian – The Belief Flower – Faith that everything will work itself out, positive and confident.

Gorse – The Hope Flower – Hopeful, can see positive opportunities in difficult situations, inspires oneself and others to see that too.

Heather – The Identity Flower – Trust one's inner guidance, trustworthy and comforting, able to listen and be sympathetic.

Holly – The Heart Opening Flower – Able to have an open heart, loving, full of joy, feel connected with oneself.

Honeysuckle – The Past Flower – Connected to the here and now, understanding what's in the past and recognizing it, able to move forward and be hopeful for the future.

Hornbeam – The Vitality Flower – Energizing, confident you can complete tasks without the fear of feeling exhausted, able to enjoy working.

Impatiens – The Time Flower – Relaxed and patient, understanding that things will work out in their own natural timing.

Larch – The Self Confidence Flower – Believes in oneself, accepts personal strengths and weaknesses, confident, proud of one's success in life.

Mimulus – The Bravery Flower – Able to move forward and release anxieties, up for challenges and able to face the world with bravery.

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Mustard – The Light Flower – Feels light and happy, accepts the ebb and flow of life, able to step out of the darkness into the light.

Oak – The Endurance Flower – Strength and endurance, able to handle stressful situations while feeling relaxed and free.

Olive – The Regeneration Flower – Feel renewed and at peace, able to connect with nature and rely on one's inner guidance during stressful situations.

Pine – The Self-Acceptance Flower – Worthy of being loved, compassionate of human nature, feeling accepted.

Red Chestnut – The Cutting Free Flower – Empathetic, brings positivity in difficult situations, has a deep understanding of others personal situations.

Rock Rose – The Liberation Flower – Able to get through difficult situations with a peaceful mind, courageous, able to keep things in perspective.

Rock Water – The Flexibility Flower – Able to lift pressure of one's self and allowing curiosity and spontaneity, letting your inner child be who it needs to be.

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Scleranthus – The Balance Flower – Able to focus and concentrate, being decisive and standing firm in one's decision.

Star of Bethlehem – The Comfort Flower – Able to relate to other people's feelings as well as their own, feeling excited about life, can give comfort to others with ease.

Sweet Chestnut – The Deliverance Flower – Able to let things go, understanding and accepting when dealing with difficult situations while protecting one's soul.

Vervain – The Enthusiasm Flower – Able to pace one's own energy, tolerant and relaxed with one's reactions, understanding that other people may do things differently than you, able to give space to others.

Vine – The Authority Flower – Allowing others to take the lead, able to show respect to others' needs and ideas, able to empathize.

Walnut – The Midwife Flower – Not easily influenced, stays true and believes in oneself having the courage to go your own way.

Water Violet – The Communication Flower – Able to connect and belong with other people, feeling content with oneself while still feeling independent.

White Chestnut – The Thought Flower – Able to concentrate well and calm the mind of unnecessary chatter, feeling clear-headed with one's thoughts.

Wild Oat – The Vocational Calling Flower – Able to follow one's inner calling and vision while feeling fulfilled by it.

Wild Rose – The Zest for Life Flower – Able to embrace life while finding it exciting and living it to the fullest, enthusiastic.

Willow – The Destiny Flower – Able to feel in control of one's life and take responsibility of one's fate and having a positive outlook on life.

Rescue Remedy/Five Flower – The Emergency Remedy – A blend of Star of Bethlehem, Rock Rose, Impatiens, Cherry Plum and Clematis. Able to relax emotionally and physiologically, can help when one is disturbed, needing to face a difficult situation or frightened.