

## Flower Energy Support by Kat Miller

To Flower is to bloom. To Flower is to flourish. To Flower is to thrive. To Flower is to open up to the world. The Flower Energies in this vial include energies beyond the plant world that “Flower.”

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**Do not open this FE (Flower Energies) vial.** Once opened the energy escapes and the vial becomes inert. As long as the vial is never opened, even if the water evaporates, the energy remains within the vial and available to work for you.

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Indications: Flower Energies help enhance and strengthen Positive Qualities, and help correct Patterns of Imbalance. You may recognize Positive Qualities and Patterns of Imbalance within yourself.

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Legend:

NA = North American Flowers

BF = Bach Flowers

DAW = Flowers developed by Dawnalee Shields

KAT = Flowers developed by Kat Miller

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### List of Flower Energies with Positive Qualities and Patterns of Imbalance

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#### **Agrimony**

*Positive Qualities:*

Emotional honesty, acknowledging and working with emotional pain, obtaining true inner peace.

*Patterns of Imbalance:*

For those not wishing to burden others with their troubles and who cover up their suffering behind a cheerful facade. They are distressed by argument or quarrel, and may seek escape from pain and worry through the use of drugs and alcohol. (BF)

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#### **Aloe Vera**

*Positive Qualities:*

Creative activity balanced and centered in vital life-energy.

*Patterns of Imbalance:*

Overuse or misuse of fiery, creative forces; "burned-out" feeling. (NA)

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**Alpine Lily***Positive Qualities:*

For women, acceptance of one's femininity grounded in a deepened experience of the female body.

*Patterns of Imbalance:*

Overly abstract sense of femininity; disembodied, alienation from or rejection of female organs as "lower". (NA)

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**Angel's Trumpet***Positive Qualities:*

Spiritual surrender at death or at times of deep transformation; opening the heart to the spiritual world.

*Patterns of Imbalance:*

Fear of death, resistance to letting go of life or to crossing the spiritual threshold; denial of the reality of the spiritual world. (NA)

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**Angelica***Positive Qualities:*

Feeling protection and guidance from spiritual beings, especially at threshold experiences such as birth and death.

*Patterns of Imbalance:*

Feeling cut off, bereft of spiritual guidance and protection. (NA)

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**Anise***Positive Qualities:*

Healthy curiosity and seeking new information and understanding. Encouraging exploration.

*Patterns of Imbalance:*

Sharp tongue. Critical of others. Self-criticism and non-accepting of growth experiences. (DAW)

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**Arnica***Positive Qualities:*

Conscious embodiment, especially during shock or trauma; recovery from deep-seated shock or trauma.

*Patterns of Imbalance:*

Disconnection of Higher Self from body during shock or trauma; disassociation, unconsciousness. (NA)

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**Asparagus***Positive Qualities:*

Adaptable. Ability to understand and learn from positive aspects of life lessons.

*Patterns of Imbalance:*

Overpowering influence. Seeks own will rather than highest good. (DAW)

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**Aspen***Positive Qualities:*

Trust and confidence to meet the unknown, drawing inner strength from the spiritual world.

*Patterns of Imbalance:*

For those who experience vague fears and anxieties of unknown origin, they are often apprehensive and full of foreboding. (BF)

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**Baby Blue Eyes***Positive Qualities:*

Childlike innocence and trust; feeling at home in the world, at ease with oneself, supported and loved; connected with the spiritual world.

*Patterns of Imbalance:*

Defensiveness, insecurity, mistrust of others; estrangement from the spiritual world; lack of support from the father in childhood. (NA)

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**Basil***Positive Qualities:*

Integration of sexuality and spirituality into a sacred wholeness.

*Patterns of Imbalance:*

Polarization of sexuality and spirituality, often leading to clandestine behavior or marital stress. (NA)

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**Beech***Positive Qualities:*

Tolerance, acceptance of others' differences and imperfections, seeing the good within each person and situation.

*Patterns of Imbalance:*

For those who, while desiring perfection, easily find fault with people and things. Critical and at times intolerant, they may overreact to small annoyances or idiosyncrasies of others. (BF)

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**Beetroot***Positive Qualities:*

Patient. Applies knowledge and effort to create direction for a project then willing to allow all elements to come together in appropriate timing.

*Patterns of Imbalance:*

Scattered effort. Hurrying that distracts or destroys results. Irritability when others are working at different rates. (DAW)

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**Black Cohosh***Positive Qualities:*

Courage to confront rather than retreat from abusive or threatening situations.

*Patterns of Imbalance:*

Being caught in relationships or lifestyle which are abusive, addictive, violent; dark, brooding emotions. (NA)

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**Black-Eyed Susan***Positive Qualities:*

Awake consciousness capable of acknowledging all aspects of the Self; penetrating insight.

*Patterns of Imbalance:*

Avoidance or repression of traumatic or painful aspects of the personality. (NA)

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**Blackberry***Positive Qualities:*

Exuberant manifestation in the world; clearly directed forces of will, decisive action.

*Patterns of Imbalance:*

Inability to translate goals and ideals into concrete action or viable activities. (NA)

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**Bleeding Heart***Positive Qualities:*

Loving others unconditionally, with an open heart; emotional freedom.

*Patterns of Imbalance:*

Forming relationships based on fear or possessiveness; emotional co-dependence. (NA)

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**Bloodstone***Positive Qualities:*

Stability, safety, security.

*Patterns of Imbalance:*

Inability to stay firmly grounded in the here and now of life; living life overly in the thinking/dreaming realm. (DAW)

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**Bluebell***Positive Qualities:*

Open-hearted, generosity of spirit and resources especially in times of crisis.

*Patterns of Imbalance:*

Parsimony, miserliness; finding little to appreciate in life, whining and complaining when challenged. (DAW)

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**Borage***Positive Qualities:*

Ebullient heart forces, buoyant courage and optimism.

*Patterns of Imbalance:*

Heavy-heartedness, lack of confidence in facing difficult circumstances. (NA)

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**Buttercup***Positive Qualities:*

Radiant inner light, unattached to outer recognition or fame.

*Patterns of Imbalance:*

Feelings of low self-worth, inability to acknowledge or experience one's inner light and uniqueness. (NA)

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**Calendula***Positive Qualities:*

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

*Patterns of Imbalance:*

Using cutting or sharp words; argumentative, lack of receptivity in communication with others. (NA)

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**California Pitcher Plant***Positive Qualities:*

Earthy vitality, especially integration of the more instinctual and bodily aspects of oneself.

*Patterns of Imbalance:*

Feeling listless, anemic; disassociated from or even fearful of the instinctual aspects of the Self. (NA)

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**California Poppy***Positive Qualities:*

Finding spirituality within one's heart; balancing light and love; developing an inner center of knowing.

*Patterns of Imbalance:*

Seeking outside oneself for false forms of light or higher consciousness, especially through escapism or addiction. (NA)

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**California Wild Rose***Positive Qualities:*

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

*Patterns of Imbalance:*

Apathy or resignation, inability to catalyze will forces through the heart. (NA)

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**Calla Lily***Positive Qualities:*

Clarity about sexual identity, sexual self-acceptance; balance of masculine and feminine qualities.

*Patterns of Imbalance:*

Confusion, ambivalence about sexual identity or gender. (NA)

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**Canyon Dudleya***Positive Qualities:*

Healthy spiritual opening, balanced psychic and physical energies; grounded presence in everyday life; positive charisma.

*Patterns of Imbalance:*

Distorted psychic experiences; preoccupied with mediumism; overinflated involvement in psychic or charismatic experiences. (NA)

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**Carrot Seed***Positive Qualities:*

Ability to be the little fish in a big pond that makes significant contributions in subtle, unheralded ways. Seeing the importance of place in the grand scheme of things.

*Patterns of Imbalance:*

Nagging behavior. Interrupting. Me, me, me at the expense of everything else. (DAW)

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**Cayenne***Positive Qualities:*

Fiery and energetic, inwardly mobile, capable of change and transformation.

*Patterns of Imbalance:*

Stagnation, inability to move forward toward change. (NA)

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**Centaury***Positive Qualities:*

Serving others from inner strength, with a healthy recognition of one's own needs; acting from strength of inner purpose, saying "No" when appropriate.

*Patterns of Imbalance:*

For those who are overanxious to please, often weak willed and easily exploited or dominated by others. As a result, they may neglect their own particular interests. (BF)

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**Cerato***Positive Qualities:*

Trusting one's inner knowing, intuition; self-confidence, certainty.

*Patterns of Imbalance:*

For those who lack confidence in their own judgment and decisions. They constantly seek the advice of others and may often be misguided. (BF)

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**Chamomile***Positive Qualities:*

Serene, sun-like disposition, emotional balance.

*Patterns of Imbalance:*

Easily upset, moody and irritable, inability to release emotional tension. (NA)

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**Chaparral***Positive Qualities:*

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

*Patterns of Imbalance:*

Psychic and physical toxicity, disturbed dreams; chaotic inner life, drug addiction. (NA)

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**Cherry Plum***Positive Qualities:*

Spiritual surrender and trust, feeling guided and protected by a Higher Power; balance and equanimity despite extreme stress.

*Patterns of Imbalance:*

For fear of losing mental and physical control, of doing something desperate. May have impulses to do things thought or known to be wrong. (BF)

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**Chestnut Bud***Positive Qualities:*

Learning the lessons of life experience, understanding the laws of karma; wisdom.

*Patterns of Imbalance:*

For those who fail to learn from experience, repeating the same patterns or mistakes again and again. (BF)

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**Chicory***Positive Qualities:*

Selfless love given freely, respecting the freedom and individuality of others.

*Patterns of Imbalance:*

For those who are over full of care for others and need to direct and control those close to them. They are generally possessive, always finding something to correct or put right. (BF)

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**Chlorella***Positive Qualities:*

Moving with ease through life physically and socially, flexible, easily adapting to change; harmony between thoughts and feelings.

*Patterns of Imbalance:*

Brittle, easily offended; fear of change, mulish stubbornness; excess heavy metals. (DAW)

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**Chrysanthemum***Positive Qualities:*

Shifting the ego identification from one's personality to a higher spiritual identity; feeling oneself as transpersonal and transcendent.

*Patterns of Imbalance:*

Fear of aging and mortality, identification with youth and lower personality; mid-life crisis. (NA)

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**Cinnamon***Positive Qualities:*

Full devotion to the sweetness of commitment. Bringing all aspects of love to a relationship.

*Patterns of Imbalance:*

Infidelity. Not trustworthy. Wanton. (DAW)

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**Citrine***Positive Qualities:*

Full of radiant light and energy; content satisfaction.

*Patterns of Imbalance:*

Uncontrollable, out-of-control processes for any aspect of the being; weakened personal power. (DAW)

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**Clematis***Positive Qualities:*

Awake, focused presence; manifesting inspiration in practical life; embodiment.

*Patterns of Imbalance:*

For those who tend to live in the future, lack concentration, are daydreamers, drowsy or spacey and have a halfhearted interest in their present circumstances. (BF)

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**Clove***Positive Qualities:*

Faith and confidence in Life; engaged in productive aspects of daily living; enthusiasm for creating prosperity.

*Patterns of Imbalance:*

Stubborn resistance to doing the work aspect of the abundance equation; resisting positive breakthroughs.  
(DAW)

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**Cocoa Flower***Positive Qualities:*

Open to the sweetness of life; balanced use of gifts; empathic.

*Patterns of Imbalance:*

Morose, disregard of higher Self; pursuing power, influence and wealth to excess; lacking concern for others; over-committing/over-giving self as a means of control. (DAW)

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**Coriander***Positive Qualities:*

Well-received. Ability to relate to many groups of people and smooth interactions.

*Patterns of Imbalance:*

Obnoxiously hogging the spotlight to the point of derailing the purpose of a gathering. The dark side of charisma. (DAW)

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**Corn***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 environments. (NA)

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**Corn Lily***Positive Qualities:*

Acceptance of whole self, honest assessment of strengths and weaknesses.

*Patterns of Imbalance:*

Intentional or unintentional pretense; not willing to see or reveal true self; sabotages change. (DAW)

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**Cosmos***Positive Qualities:*

Integration of ideas and speech; ability to express thoughts with coherence and clarity.

*Patterns of Imbalance:*

Unfocused, disorganized communication; overexcited speech, overwhelmed by too many ideas. (NA)

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**Crab Apple***Positive Qualities:*

Cleansing, bringing a sense of inner purity.

*Patterns of Imbalance:*

For those who may feel something is not quite clean about themselves, or have a fear of being contaminated. For feelings of shame or poor self image, for example, thinking oneself not attractive for one reason or another. When necessary, may be taken to assist in detoxification, for example during a cold or while fasting. (BF)

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**Curly Dock***Positive Qualities:*

Warmth and tenderness from the heart; natural harmony with environment; revitalized cleansing energy.

*Patterns of Imbalance:*

Hardened core; darkness in the heart; fear of authority; feeling like life is going nowhere. (KAT)

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**Cypress***Positive Qualities:*

Balanced nourishment, giving importance to care for body and spirit. Facilitating life's highest purpose.

*Patterns of Imbalance:*

Strangling or denial of life's purpose by continually creating obstacles some of which can cause great harm physically or spiritually. (DAW)

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**Dandelion***Positive Qualities:*

Dynamic, effortless energy; lively activity balanced with inner ease.

*Patterns of Imbalance:*

Overly tense, especially in the musculature of the body, overstriving and hard-driving. (NA)

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**Deerbrush***Positive Qualities:*

Gentle purity, clarity of purpose; sincerity of motive.

*Patterns of Imbalance:*

Mixed or conflicting motives; subconscious feelings which propel outer actions. (NA)

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**Diamond***Positive Qualities:*

Consciously living divine purpose.

*Patterns of Imbalance:*

Imbalance, dis-harmony between physical, mental and spiritual activity. (DAW)

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**Dill***Positive Qualities:*

Experiencing and absorbing the fullness of life, especially its sensory aspects.

*Patterns of Imbalance:*

Overwhelm due to overstimulation, hypersensitivity to environment or to outer activity, sensory congestion. (NA)

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**Dock***Positive Qualities:*

Good judgment in establishing social boundaries, ability to weigh options and make the best choice for all.

*Patterns of Imbalance:*

Attraction to criminal activity, pleasure seeking at the expense of appropriate social boundaries. (DAW)

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**Dogwood***Positive Qualities:*

Grace-filled movement, physical and etheric harmony.

*Patterns of Imbalance:*

Awkward and painful awareness of the body; emotional trauma stored deep within the body. (NA)

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**Earth** (one of the five elements)*Positive Qualities:*

Nurturing personal growth and growth of others; solid support, generous; fruitful.

*Patterns of Imbalance:*

Barren, infertile; flinty personality, curmudgeonly. (DAW)

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**Easter Lily***Positive Qualities:*

Inner purity of soul, especially the ability to integrate sexuality and spirituality.

*Patterns of Imbalance:*

Feeling that sexuality is impure, unclean; inner conflicts about sexuality. (NA)

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**Echinacea***Positive Qualities:*

Core integrity, contacting and maintaining an integrated sense of Self, especially when severely challenged.

*Patterns of Imbalance:*

Feeling shattered by severe trauma or abuse which has destroyed one's sense of Self; threatened by physical or emotional disintegration. (NA)

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**Elm***Positive Qualities:*

Joyous service, faith and confidence to complete one's task.

*Patterns of Imbalance:*

For those who at times may experience momentary feelings of inadequacy, being overwhelmed by their responsibilities. (BF)

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**Entoloma Strictipes***Positive Qualities:*

Ability to process criticism from others for beneficial improvement.

*Patterns of Imbalance:*

Thin-skinned. Isolates due to over-sensitivity about what others think. (DAW)

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**Eucalyptus***Positive Qualities:*

Open and giving. Bringing a unique and valuable perspective.

*Patterns of Imbalance:*

Feeling out of place. Overly worried about others' perceptions of self. Hiding true abilities. (DAW)

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**Evening Primrose***Positive Qualities:*

Awareness and healing of painful early emotions absorbed from the mother; ability to open emotionally and form deep, committed relationships.

*Patterns of Imbalance:*

Feeling rejected, unwanted; avoidance of commitment in relationships, fear of parenthood; sexual and emotional repression. (NA)

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**Fairy Lantern***Positive Qualities:*

Healthy maturation; acceptance of adult responsibilities.

*Patterns of Imbalance:*

Immaturity, helplessness, neediness, childish dependency; unable to take responsibility. (NA)

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**Fawn Lily***Positive Qualities:*

Accepting and becoming involved with the world; sharing one's spiritual gifts with others.

*Patterns of Imbalance:*

Withdrawal, isolation, self-protection; overly delicate, lacking the inner strength to face the world. (NA)

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**Fennel***Positive Qualities:*

Quiet, gentle strength. Offers stability in time of crisis. Perseverance.

*Patterns of Imbalance:*

Abrasive judgment of others. Condescending. (DAW)

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**Filaree***Positive Qualities:*

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

*Patterns of Imbalance:*

Disproportionate and obsessive worry; unable to gain a wider perspective on daily events. (NA)

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**Fire (one of the five elements)***Positive Qualities:*

Joyful; pleasing enjoyment of life; creates calm.

*Patterns of Imbalance:*

Mean, tyrannical; spiteful, hateful. Destroys acceptance; usurps love; disregards trust. (DAW)

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**Flaxseed***Positive Qualities:*

Honesty in communication. Thoughtfully considers all aspects of a situation.

*Patterns of Imbalance:*

Flighty, unwilling to settle down to the task at hand. Giving only partial effort or attention to situation to the point of sabotage. (DAW)

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**Flor de la Luna***Positive Qualities:*

Ability to give or receive love in the direst circumstances; offer or accept hope and a haven of safety.

*Patterns of Imbalance:*

Misuse/withholding of love to manipulate; rejecting genuine help when needed. (DAW)

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**Forget-Me-Not***Positive Qualities:*

Awareness of karmic connections in one's personal relationships and with those in the spiritual world; deep mindfulness of subtle realms; soul-based relationships.

*Patterns of Imbalance:*

Loneliness, isolation; lack of awareness of spiritual connection with others. (NA)

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**Foxglove***Positive Qualities:*

Strong sense of inner authority; security with self; reinforced core strength.

*Patterns of Imbalance:*

Cowardice; loss of security; overactive sense of danger; walled in feeling. (KAT)

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**Fuchsia***Positive Qualities:*

Genuine emotional vitality, ability to express deep feelings.

*Patterns of Imbalance:*

False states of emotionality which cover more deeply-seated pain and trauma; psychosomatic symptoms. (NA)

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**Gardenia***Positive Qualities:*

Charming, putting others at ease; socially hospitable.

*Patterns of Imbalance:*

Lazy, sluggish; argumentative. (DAW)

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**Garlic***Positive Qualities:*

Unitive consciousness, sense of wholeness which imparts strength and active resistance.

*Patterns of Imbalance:*

Fearful, weak or easily influenced, prone to low vitality. (NA)

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**Gentian***Positive Qualities:*

Perseverance, confidence; faith to continue despite apparent setbacks.

*Patterns of Imbalance:*

For those who become easily discouraged by small delays or hindrances. This may cause self-doubt. (BF)

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**Geranium***Positive Qualities:*

Actively creating one's life purpose; well-nourished heart.

*Patterns of Imbalance:*

Anxious; lack of imagination; depression. (DAW)

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**Ginseng***Positive Qualities:*

Confident progress; acceptance of self-worth; clarity of purpose.

*Patterns of Imbalance:*

Double-mindedness, hesitancy; fear of success. (DAW)

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**Gold Calcite***Positive Qualities:*

Creative clarity; releasing self-judgment.

*Patterns of Imbalance:*

Accepting judgment of others as valid; defining life goals by "shoulds" and associated guilt. (DAW)

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**Golden Ear Drops***Positive Qualities:*

Contacting one's childhood experience as a source of emotional well-being; releasing painful memories from the past.

*Patterns of Imbalance:*

Suppressed toxic memories of childhood; feelings of pain and trauma about past events which affect present emotional balance. (NA)

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**Golden Yarrow***Positive Qualities:*

Remaining open to others while still feeling inner protection; active social involvement which preserves the integrity of the Self.

*Patterns of Imbalance:*

For outgoing people who are overly influenced by their environment and by other people; protecting oneself from vulnerability to others by withdrawal and social isolation. (NA)

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**Goldenrod***Positive Qualities:*

Well-developed individuality, inner sense of Self balanced with group or social consciousness.

*Patterns of Imbalance:*

Easily influenced by group or family ties; inability to be true to oneself, subject to peer pressure or social expectations. (NA)

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**Goldenseal***Positive Qualities:*

Pure motives. Acting out of integrity. Faith in others and self.

*Patterns of Imbalance:*

Holier-than-thou. Attempting control of others to selfish intent. (DAW)

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**Gorse***Positive Qualities:*

Deep and abiding faith and hope, equanimity and light-filled optimism.

*Patterns of Imbalance:*

For feelings of hopelessness and futility. When there is little hope of relief. (BF)

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**Grapefruit***Positive Qualities:*

Strong immune system, bright-eyed wonder and interest in the natural world, physical harmony and balance, functional strength.

*Patterns of Imbalance:*

Disregard for/detached from the natural world, sluggish physical response, lethargic, without self-motivation to engage in life. (DAW)

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**Gravenstein***Positive Qualities:*

Virtuous, ethical certitude, living in harmony with universal law.

*Patterns of Imbalance:*

Easily swayed by peer pressure, sycophantic, base. (DAW)

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**Green Cocoa Bean***Positive Qualities:*

Balanced emotional, sexual and spiritual energies; sublime physical manifestation; richly textural sensory awareness and appreciation.

*Patterns of Imbalance:*

Hedonistic, tending to fantasy; excess or deficient sexual energy; bitter heartache; revenge seeking. (DAW)

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**Green-Lipped Mussel***Positive Qualities:*

Calm in new situations; comforting presence.

*Patterns of Imbalance:*

Closed off to new relationships, experiences. (DAW)

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**Heather***Positive Qualities:*

Inner tranquility; emotional self-sufficiency.

*Patterns of Imbalance:*

For those who seek the companionship of anyone who will listen to their troubles. They are generally not good listeners and have difficulty being alone for any length of time. (BF)

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**Helichrysum***Positive Qualities:*

Relaxed, integrated in daily living. Ability to perceive the big picture.

*Patterns of Imbalance:*

Focus on minutiae to the exclusion of other important considerations. Resistance to hearing or seeing the truth of a situation if it is uncomfortable. (DAW)

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**Hibiscus***Positive Qualities:*

Warmth and responsiveness in female sexuality; integration of soul warmth and bodily passion.

*Patterns of Imbalance:*

Inability to connect with one's female sexuality; lack of warmth and vitality, often due to prior exploitation or abuse. (NA)

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**Hickory***Positive Qualities:*

Work life balanced with life enriching activities.

*Patterns of Imbalance:*

Workaholic, content with non-/under-employment. (DAW)

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**Holly***Positive Qualities:*

Feeling love and extending love to others; universal compassion, open heart.

*Patterns of Imbalance:*

To be used when troubled by negative feelings such as envy, jealousy, hate, suspicion, revenge. Vexations of the heart, states indicating a need for more love. (BF)

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**Honeysuckle***Positive Qualities:*

Being fully in the present; learning from the past while releasing it.

*Patterns of Imbalance:*

For those dwelling in the past, nostalgia, homesickness, always talking about the good old days when things were better. (BF)

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**Hornbeam***Positive Qualities:*

Energy, enthusiasm, involvement in life's tasks.

*Patterns of Imbalance:*

For the Monday morning feeling of not being able to face the day. For those feeling that some part of the body or mind needs strengthening. Constant fatigue and tiredness. (BF)

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**Hound's Tongue***Positive Qualities:*

Holistic thinking; perceiving the physical world and physical life with spiritually clear thoughts.

*Patterns of Imbalance:*

Seeing the world in materialistic terms, weighed down or dulled by a mundane or overly scientific viewpoint. (NA)

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**Impatiens***Positive Qualities:*

Patience, acceptance; flowing with the pace of life and others.

*Patterns of Imbalance:*

For those quick in thought and action who require all things to be done without delay. They are impatient with people who are slow and often prefer to work alone. (BF)

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**Indian Paintbrush***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. (NA)

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**Indian Pink***Positive Qualities:*

Remaining centered and focused, even under stress; managing and coordinating diverse forms of activity.

*Patterns of Imbalance:*

Psychic forces which are easily torn or shattered by too much activity; inability to stay centered during intense activity. (NA)

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**Indigo***Positive Qualities:*

Energetic integrity; stability under stress.

*Patterns of Imbalance:*

Confused thinking, impaired current recall; immobilization, resistance to completing task and moving on. (DAW)

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**Iris***Positive Qualities:*

Inspired artistry, deep soulfulness which is in touch with higher realms; radiant, iridescent vision and perspective.

*Patterns of Imbalance:*

Lacking inspiration or creativity; feeling weighed down by the ordinariness of the world; dullness. (NA)

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**Iris Blue Flag***Positive Qualities:*

Artistic creativity, inspiration, positive stress management, appreciation of beauty.

*Patterns of Imbalance:*

Feeling “stuck,” suppressed creativity, lack of discernment, attraction to superficial beauty. (NA)

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**Juniper***Positive Qualities:*

Courage in facing the unknown outcome. Ability to take a path that is right without knowing the eventual destination.

*Patterns of Imbalance:*

Stagnation. Unwilling to make decisions until it is too late to be proactive. (DAW)

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**Kale***Positive Qualities:*

Unconditional/divine love and harmony; forgiveness, healing; positive transformation.

*Patterns of Imbalance:*

Hard-hearted, emotionally cold or cut-off; judgmental, unforgiving; wallowing in bitterness. (DAW)

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**Lady's Slipper (Yellow)***Positive Qualities:*

Integration of spiritual purpose with daily work, bringing spiritual power into the root chakra; spiritualized sexuality and grounded spirituality.

*Patterns of Imbalance:*

Estranged from one's inner authority, inability to integrate higher spiritual purpose with real life and work; nervous exhaustion, sexual depletion. (NA)

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**Larch***Positive Qualities:*

Self-confidence, creative expression, spontaneity.

*Patterns of Imbalance:*

For those who despite being capable, lack self-confidence or feel inferior. Anticipating failure, they often refuse to make a real effort to succeed. (BF)

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**Larkspur***Positive Qualities:*

Charismatic leadership, contagious enthusiasm, joyful service.

*Patterns of Imbalance:*

Leadership distorted by self-aggrandizement or burdensome dutifulness. (NA)

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**Lavender***Positive Qualities:*

Spiritual sensitivity, highly refined awareness.

*Patterns of Imbalance:*

Nervousness, overstimulation of spiritual forces which depletes the physical body. (NA)

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**Lemon***Positive Qualities:*

Sunny disposition. Cheerfulness that creates positive shifts and adds fun to gatherings.

*Patterns of Imbalance:*

Grumpy. Literally souring, turning the joy of the moment into bitterness through negative thought and behavior patterns. (DAW)

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**Lemongrass***Positive Qualities:*

Ability to “connect the dots” to determine best course of action. Purposeful movement.

*Patterns of Imbalance:*

Willy-nilly activity with no clear purpose, busy to be busy rather than productive. Agitation expressed through physical tics. (DAW)

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**Lotus***Positive Qualities:*

Open and expansive spirituality, meditative insight and synthesis.

*Patterns of Imbalance:*

Spiritual pride, inflated spirituality. (NA)

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**Love-Lies-Bleeding***Positive Qualities:*

Transcendent consciousness, the ability to move beyond personal pain, suffering or mental anguish by finding larger, transpersonal meaning in such suffering; compassionate awareness of and attention to the meaning of pain or suffering.

*Patterns of Imbalance:*

Intensification of pain and suffering due to isolation; profound melancholia due to the over-personalization of one's pain. (NA)

---

**Madia***Positive Qualities:*

Precise thinking, disciplined focus and concentration.

*Patterns of Imbalance:*

Becoming easily distracted, inability to concentrate, dull or listless. (NA)

---

**Magnolia***Positive Qualities:*

Balanced, gracious presence; acknowledging the etheric beauty in all; sense of peace with the world.

*Patterns of Imbalance:*

Haughty; right brain dominant to exclusion of creativity; discounting beauty in others; turning in on oneself, self-absorption. (DAW)

---

**Mallow***Positive Qualities:*

Warm and personable, open-hearted sharing and friendliness.

*Patterns of Imbalance:*

Socially insecure, fear of reaching out to others; creating barriers. (NA)

---

**Manzanita***Positive Qualities:*

Embodiment, integration of spiritual Self with the physical world.

*Patterns of Imbalance:*

Estranged from the earthly world; aversion, disgust or revulsion toward the bodily Self and physical world. (NA)

---

**Mariposa Lily***Positive Qualities:*

Maternal consciousness, warm, feminine and nurturing; mother-child bonding, healing of the inner child.

*Patterns of Imbalance:*

Alienated from mother or from mothering, feelings of childhood abandonment or abuse. (NA)

---

**Marjoram***Positive Qualities:*

Graceful; supple movements; open acceptance of life.

*Patterns of Imbalance:*

Clumsy; resistant to learning experiences. (DAW)

---

**Milkweed***Positive Qualities:*

Healthy ego strength; independence and self-reliance.

*Patterns of Imbalance:*

Extreme dependency and emotional regression, dulling the consciousness through drugs, alcohol, overeating; desire to escape from self-awareness. (NA)

---

**Mimulus***Positive Qualities:*

Courage and confidence to face life's challenges.

*Patterns of Imbalance:*

For fear of known things, such as heights, water, the dark, other people, of being alone, etc. Often shy and timid. (BF)

---

**Mirrored Reflection***Positive Qualities:*

Revealing truth of self on all levels. Acceptance and love of all aspects of self, both light and dark, as valuable to the whole.

*Patterns of Imbalance:*

Harsh judgment of others, critical; creating barriers between others to avoid seeing self; rejecting self and others as they are. (DAW)

---

**Mistletoe***Positive Qualities:*

Unexpected generosity and caring to those who cannot give back.

*Patterns of Imbalance:*

Taking on other people's energy. Attempting to live other people's lives as a way to avoid responsibility for own situation. (DAW)

---

**Morning Glory***Positive Qualities:*

Sparkling vital force, feeling awake and refreshed, in touch with Life.

*Patterns of Imbalance:*

Dull, toxic, or "hung over," inability to fully enter the body, especially in the morning; addictive habits. (NA)

---

**Mountain Pennyroyal***Positive Qualities:*

Strength and clarity of thought, mental integrity and positivity.

*Patterns of Imbalance:*

Absorbing negative thoughts of others, psychic contamination or possession. (NA)

---

**Mountain Pride***Positive Qualities:*

Forthright 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. (NA)

---

**Mugwort***Positive Qualities:*

Integrating psychic and dream experiences with daily life; multi-dimensional consciousness.

*Patterns of Imbalance:*

Inability to harmonize psychic forces, tendency to hysteria or emotionality, overactive psychic life out of touch with the physical world. (NA)

---

**Mullein***Positive Qualities:*

Strong sense of inner conscience, truthfulness, uprightness.

*Patterns of Imbalance:*

Inability to hear one's inner voice; weakness and confusion, indecisiveness; lying or deceiving oneself or others. (NA)

---

**Mustard***Positive Qualities:*

Emotional equanimity, finding joy in life.

*Patterns of Imbalance:*

For deep gloom which comes on for apparently no known reason, sudden melancholia or heavy sadness. Will lift just as suddenly. (BF)

---

**Nasturtium***Positive Qualities:*

Glowing vitality, flaming, radiant energy and warmth.

*Patterns of Imbalance:*

Feeling overly "dry" or intellectual; depletion of life-force and emotional verve. (NA)

---

**Nicotiana***Positive Qualities:*

Peace which is deeply centered in the heart; integration of physical and emotional well-being through harmonious connection with the Earth.

*Patterns of Imbalance:*

Numbing of the emotions accompanied by mechanization or hardening of the body; inability to cope with deep feelings and finer sensibilities. (NA)

---

**Oak***Positive Qualities:*

Balanced strength, accepting limits, knowing when to surrender.

*Patterns of Imbalance:*

For those who struggle on despite despondency from hardships, even when ill and overworked, they never give up. (BF)

---

**Olive***Positive Qualities:*

Revitalization through connection with one's inner source of energy.

*Patterns of Imbalance:*

For mental and physical exhaustion, sapped vitality with no reserve. This may come on after an illness or personal ordeal. (BF)

---

**Olivewood Branch***Positive Qualities:*

Faithfulness; grounded optimism and hope; peacemaker.

*Patterns of Imbalance:*

Combativeness for the sake of conflict; obsessive need to be "right." (DAW)

---

**Olivewood Leaf***Positive Qualities:*

Offering a place of safety for emotional and intellectual discussion; equanimity.

*Patterns of Imbalance:*

easily panicked; filled with agitation and worry. (DAW)

---

**Orange Blossom***Positive Qualities:*

Vibrant well-being; supports clarity when making pivotal choices.

*Patterns of Imbalance:*

Dried up, withered emotionally, mentally, physically or spiritually. (DAW)

---

**Oregano***Positive Qualities:*

Transformation. Ability to take the mundane and facilitate movement to highest good.

*Patterns of Imbalance:*

Over-bearing and forceful in exerting will. (DAW)

---

**Oregon Grape***Positive Qualities:*

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

*Patterns of Imbalance:*

Feeling paranoid or self-protective; unfair projection or expectation of hostility from others. (NA)

---

**Ortley***Positive Qualities:*

Prudent, considerate, thoughtful; a dash of playfulness.

*Patterns of Imbalance:*

Perfunctory, apathetic, listless, excessive sighing. (DAW)

---

**Pecan***Positive Qualities:*

Warm, genuine, friendly, open in relationships.

*Patterns of Imbalance:*

Anti-social, distrusting, belligerent, verbal combativeness. (DAW)

---

**Penstemon***Positive Qualities:*

Great inner fortitude despite outer hardships; perseverance.

*Patterns of Imbalance:*

Feeling persecuted or sorry for oneself; inability to bear life's difficult circumstances. (NA)

---

**Peppermint***Positive Qualities:*

Mindfulness, wakeful clarity, mental alertness.

*Patterns of Imbalance:*

Dull or sluggish, especially mental lethargy; unbalanced metabolism which depletes mental forces. (NA)

---

**Pig Squeak***Positive Qualities:*

Willingness to conform to others' needs; willing to be strong with and for others; kind hearted; motherly.

*Patterns of Imbalance:*

Unaccepting of change; protective of one's true feelings; lives behind a façade of bravado; false sense of security. (KAT)

---

**Pine***Positive Qualities:*

Self-acceptance, self-forgiveness; freedom from inappropriate guilt and blame.

*Patterns of Imbalance:*

For those who feel they should do or should have done better, who are self-reproachful or blame themselves for the mistakes of others. Hardworking people who suffer much from faults they attach to themselves, they are never satisfied with their success. (BF)

---

**Pineapple***Positive Qualities:*

Reveling in the variety and abundance of life; hospitable, seeing to the comfort and welcome of others.

*Patterns of Imbalance:*

Cliquish, exclusive; unwilling to welcome outsiders. (DAW)

---

**Pink Monkeyflower***Positive Qualities:*

Emotional openness and honesty; courage to take emotional risks with others.

*Patterns of Imbalance:*

Feelings of shame, guilt, unworthiness; fear of exposure and rejection, hiding essential Self from others, masking one's feelings. (NA)

---

**Pink Yarrow***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. (NA)

---

**Poison Oak***Positive Qualities:*

Emotional openness and vulnerability, ability to be close and make contact with others.

*Patterns of Imbalance:*

Fear of intimate contact, protective of personal boundaries; fear of being violated; hostile or distant. (NA)

---

**Pomegranate***Positive Qualities:*

Warm-hearted feminine creativity, actively productive and nurturing at home or in the world.

*Patterns of Imbalance:*

Ambivalent or confused about the focus of feminine creativity, especially between values of career and home, creative and procreative, personal and global. (NA)

---

**Pretty Face***Positive Qualities:*

Beauty that radiates from within; self-acceptance in relation to personal appearance.

*Patterns of Imbalance:*

Feeling ugly or rejected because of personal appearance; over-identified with physical appearance. (NA)

---

**Prickly Pear***Positive Qualities:*

Well-nourished body, mind and spirit; strength in adversity; creative problem solving, receptive of inspiration.

*Patterns of Imbalance:*

Fear of the unknown; stuck in the details, "going around in circles"; withholding self in time of challenge, distrust of/doubting intuition. (DAW)

---

**Protea***Positive Qualities:*

Self-assurance, multi-gifted especially in areas of human understanding and discernment.

*Patterns of Imbalance:*

Separatist motivated by insecurity and false self-image; boastful, braggart. (DAW)

---

**Pumpkin***Positive Qualities:*

Dynamic personal power; flourishing self-worth and life purpose; grounded spirituality; creating beauty from decay.

*Patterns of Imbalance:*

Feeling trapped by past experiences; boxed in horizons; seeing no way out of current circumstances; lack of vision or purpose. (DAW)

---

**Purple Monkeyflower***Positive Qualities:*

Inner calm and clarity when experiencing any spiritual or psychic phenomenon; the courage to trust in one's own spiritual experience or guidance; love-based rather than fear-based spirituality.

*Patterns of Imbalance:*

Fear of the occult, or of any spiritual experience; fear of retribution or censure if one departs from religious conventions of family or community. (NA)

---

**Purple Pumpkin Vine***Positive Qualities:*

Respect for heritage; adventurous, willing to take unknown paths to discover Life's treasures.

*Patterns of Imbalance:*

Conceit of self and experience; "my way or the highway"; inflexible. (DAW)

---

**Quaking Grass***Positive Qualities:*

Harmonious social consciousness, finding higher identity in group work, flexibility.

*Patterns of Imbalance:*

Dysfunctional in group settings, inability to balance individual sense of Self and higher needs of a group. (NA)

---

**Quartz***Positive Qualities:*

Idealism; tuned in to one's extra sensory perception; clairvoyance.

*Patterns of Imbalance:*

Projection of dominating will; manipulation to obscure/derail highest good. (DAW)

---

**Queen Anne's Lace***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. (NA)

---

**Quince***Positive Qualities:*

Loving strength, balance of masculine initiating power and feminine nurturing power.

*Patterns of Imbalance:*

Inability to catalyze or reconcile feelings of strength and power with essential qualities of the feminine; distorted connection with the masculine Self or animus. (NA)

---

**Rabbitbrush***Positive Qualities:*

Active and lively consciousness; alert, flexible and mobile state of mind.

*Patterns of Imbalance:*

Easily overwhelmed by details; unable to cope with simultaneous events or demanding situations. (NA)

---

**Raspberry Leaf***Positive Qualities:*

Loving-kindness, meekness, mentoring; robust health.

*Patterns of Imbalance:*

Harsh disciplinarian; angry, rigid, demeaning; anorexic, overly thin, thinned out by life. (DAW)

---

**Red Coral***Positive Qualities:*

Material security, stability.

*Patterns of Imbalance:*

Ungrounded; distrust; lack mentality. (DAW)

---

**Red Chestnut***Positive Qualities:*

Caring for others with calm, inner peace, trust in the unfolding of life events.

*Patterns of Imbalance:*

For those who find it difficult not to be overly concerned or anxious for others. Always fearing something wrong may happen to those they care for. (BF)

---

**Red Clover***Positive Qualities:*

Self-aware behavior, calm and steady presence, especially in emergency situations.

*Patterns of Imbalance:*

Susceptible to mass hysteria and anxiety, easily influenced by panic or other forms of group thought. (NA)

---

**Red Sedge***Positive Qualities:*

Peaceful acceptance of life on earth, vitality, grounding.

*Patterns of Imbalance:*

Anxious bustling about in daily life, overly controlling of life details, flagging energy, scattered thinking and activity. (DAW)

---

**Rock Rose***Positive Qualities:*

Self-transcending courage, inner peace and tranquillity when facing great challenges.

*Patterns of Imbalance:*

For those who experience states of terror, panic and hysteria, also when troubled by nightmares. (BF)

---

**Rock Water***Positive Qualities:*

Flexibility, spontaneity, and flowing receptivity. Following the spirit rather than the letter of the law.

*Patterns of Imbalance:*

For those who are very strict with themselves in their daily living. They are hard masters to themselves struggling toward some ideal or to set an example for others. This would include strict, often rigid adherence to a living style or to religious, personal or social disciplines. (BF)

---

**Rose Quartz***Positive Qualities:*

Warmth, sharing; sincerity, devotion.

*Patterns of Imbalance:*

Holding self back from others and in creative pursuits; selfishness; perpetuating misunderstandings. (DAW)

---

**Rosemary***Positive Qualities:*

Warm physical presence; embodiment; vibrantly incarnated.

*Patterns of Imbalance:*

Forgetfulness, poorly incarnated in body, lacking physical/etheric warmth; higher ego forces which are not integrated with the physical body. (NA)

---

**Sage***Positive Qualities:*

Drawing wisdom from life experience; reviewing and surveying one's 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. (NA)

---

**Sagebrush***Positive Qualities:*

Essential or “empty” consciousness, deep awareness of the inner Self, capable of transformation and change.

*Patterns of Imbalance:*

Over-identification with the illusory parts of oneself; purifying and cleansing the Self to release dysfunctional aspects of one's personality or surroundings. (NA)

---

**Sandalwood***Positive Qualities:*

Benevolent beauty in body, mind and spirit. Unconditional love for others.

*Patterns of Imbalance:*

Self-absorption. Severe lack of self-esteem. Misperception of self as ugly in all aspects. (DAW)

---

**Saguaro***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. (NA)

---

**Saint John's Wort***Positive Qualities:*

Illumined consciousness, light-filled awareness and strength.

*Patterns of Imbalance:*

Overly expanded state leading to psychic and physical vulnerability; deep fears, disturbed dreams. (NA)

---

**Sangre de Drago***Positive Qualities:*

Ability to fully integrate conviction, intention, and motivation with accomplishment.

*Patterns of Imbalance:*

Cross-purposes between conscious desires and subconscious habits and patterns. (DAW)

---

**Scarlet Monkeyflower***Positive Qualities:*

Emotional honesty, direct and clear communication of deep feelings, integration of the emotional "shadow".

*Patterns of Imbalance:*

Fear of intense feelings, repression of strong emotions; inability to resolve issues of anger and powerlessness. (NA)

---

**Scleranthus***Positive Qualities:*

Decisiveness, inner resolve, acting from the certainty of inner knowing.

*Patterns of Imbalance:*

For those unable to decide between two things, first one seeming right then the other. Often presenting extreme variations in energy or mood swings. (BF)

---

**Scotch Broom***Positive Qualities:*

Positive and optimistic feelings about the world and about future events; sun-like forces of caring, encouragement, and purpose.

*Patterns of Imbalance:*

Feeling weighed down and depressed; overcome with pessimism and despair, especially regarding one's personal relationship to world events. (NA)

---

**Self-Heal***Positive Qualities:*

Healthy, vital sense of Self; healing and beneficent forces arising from within oneself, deep sense of 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 help. (NA)

---

**Shasta Daisy***Positive Qualities:*

Mandalic or holistic consciousness, synthesizing 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. (NA)

---

**Shooting Star***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. (NA)

---

**Snapdragon***Positive Qualities:*

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

*Patterns of Imbalance:*

Verbal aggression and hostility; repressed or misdirected libido; tension around jaw. (NA)

*Uses/Applications:*

Snapdragon can be helpful when one holds tension in their jaw. Snapdragon helps one express oneself positively and curb tendencies toward criticism. Snapdragon may be very helpful for bruxism (grinding teeth).

---

**Star of Bethlehem***Positive Qualities:*

Bringing soothing, healing qualities, a sense of inner divinity.

*Patterns of Imbalance:*

For grief, trauma, loss. For the mental and emotional effect during and after a trauma. (BF)

---

**Star Thistle***Positive Qualities:*

Generous and inclusive, a giving and sharing nature, feeling an inner sense of abundance.

*Patterns of Imbalance:*

Basing actions on a fear of lack, inability to give freely and openly, or to trust a higher providence. (NA)

---

**Star Tulip***Positive Qualities:*

Sensitive and receptive attunement; serene, inner listening to others and to higher worlds, especially in dreams and meditation.

*Patterns of Imbalance:*

Feelings of being hardened or cut-off, inability to feel quiet inner presence or attunement, unable to meditate or pray. (NA)

---

**Sticky Monkeyflower***Positive Qualities:*

Balanced integration of human warmth and sexual intimacy; ability to express deep feelings of love and connectedness, especially in sexual relationships.

*Patterns of Imbalance:*

Repressed sexual feelings, or acting out inappropriate sexual behavior; inability to experience human warmth in sexual experiences; deep fear of sexuality and intimacy. (NA)

---

**Sunflower***Positive Qualities:*

Balanced sense of individuality, spiritualized ego forces, sun-radiant personality.

*Patterns of Imbalance:*

Distorted sense of Self; inflation or self-effacement, low self-esteem or arrogance; poor relation to father or masculine aspect of Self. (NA)

---

**Sweet Chestnut***Positive Qualities:*

Deep courage and faith which comes from knowing and trusting the spiritual world.

*Patterns of Imbalance:*

For those who feel they have reached the limits of their endurance. For those moments of deep despair when the anguish seems to be unbearable. (BF)

---

**Sweet Pea***Positive Qualities:*

Commitment to community, social connectedness, a sense of one's place on Earth.

*Patterns of Imbalance:*

Wandering, seeking, inability to form bonds with social community or to find one's place on Earth. (NA)

---

**Tangerine***Positive Qualities:*

Clarity and simplicity of purpose. Easy in the flow of life. Life is sweet.

*Patterns of Imbalance:*

“Picking at scabs.” Not allowing time for healing. Not accepting of natural direction of healing. (DAW)

---

**Tansy***Positive Qualities:*

Decisive and goal-oriented, deliberate and purposeful in action, self-directed.

*Patterns of Imbalance:*

Lethargy, procrastination, inability to take straightforward action; habits which undermine or subvert real intention of Self. (NA)

---

**Tea Tree***Positive Qualities:*

Flourishing acceptance of life experience using all for good purpose.

*Patterns of Imbalance:*

Hard-hearted, controlling. Always right. Superior/snobbish. (DAW)

---

**Thyme***Positive Qualities:*

Creates space for the orderly development of life's purpose. Openness to receiving abundance as it comes, however it shows up.

*Patterns of Imbalance:*

Hard-edged. Inflexible. Overly regimented. (DAW)

---

**Tiger Lily***Positive Qualities:*

Cooperative service with others, extending feminine forces into social situations; inner peace and harmony as a foundation for outer relationships.

*Patterns of Imbalance:*

Overly aggressive, competitive, hostile attitude; excessive "yang" forces, separatist tendencies. (NA)

---

**Tomato***Positive Qualities:*

Fully integrated Self; cheerful disposition; capable of transforming the mundane into the divine; receiving of abundance.

*Patterns of Imbalance:*

Changing to please others; unable to identify with higher Self; self-sabotage in achieving goals, creating weakness. (DAW)

---

**Tone D (in music)**

Tone D is the tone D above middle C and vibrates with the Sacral Chakra which is the chakra of creativity and procreation, where we give birth to our most essential self. The Sacral Chakra also represents the element Water in the Chakra system.

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**Trillium***Positive Qualities:*

Selfless service, altruistic sacrifice of personal desires for the common good, inner purity.

*Patterns of Imbalance:*

Greed and lust for possessions and power; excessive ambition, overcome with personal needs and desires; materialism and congestion. (NA)

---

**Trumpet Vine***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, impediments in speech. (NA)

---

**Turquoise***Positive Qualities:*

Clear and effective communication; ability to persuade audiences to higher purpose concepts.

*Patterns of Imbalance:*

Withholding thoughts and feelings; physical or mental difficulty in forming or expressing thoughts. (DAW)

---

**Vervain***Positive Qualities:*

Ability to practice moderation, tolerance, and balance; "the middle way;" grounded idealism.

*Patterns of Imbalance:*

For those who have strong opinions and who usually need to have the last word, always teaching or philosophizing they are easily incensed by injustice. When taken to an extreme, they can be argumentative, overbearing and intense in their fanaticism, needing to put the world right. (BF)

---

**Vine***Positive Qualities:*

Selfless service, tolerance for the individuality of others.

*Patterns of Imbalance:*

For those who are strong willed. Leaders in their own right who are unquestionably in charge, however, when taken to an extreme, they may become dictatorial. (BF)

---

**Violet***Positive Qualities:*

Delicate, highly perceptive sensitivity, elevated spiritual perspective; sharing with others while remaining true to oneself.

*Patterns of Imbalance:*

Profound shyness, reserve, aloofness, fear of being submerged in groups. (NA)

---

**Walnut***Positive Qualities:*

Freedom from limiting influences, making healthy transitions in life, courage to follow one's own path and destiny.

*Patterns of Imbalance:*

Assists in stabilizing emotional upsets during transition periods, such as puberty, adolescence, and menopause. Also helps one to break past links and emotionally adjust to new beginnings such as moving, changing or taking a new job, beginning or ending a relationship. (BF)

---

**Water (one of the five elements)***Positive Qualities:*

Creating graceful, dancing beauty. Delicious elixir of Life. Creativity streaming through body/mind/soul. Enthusiastic, joyful transformation.

*Patterns of Imbalance:*

Inability to open to others; invisible. Pissed off about life circumstances; raging, vengeful. (DAW)

---

**Water Violet***Positive Qualities:*

Sharing one's gifts with others, appreciation of social relationships.

*Patterns of Imbalance:*

For those who are gentle, independent, aloof and self-reliant, who do not interfere in the affairs of others and when ill or in trouble prefer to bear their difficulties alone. (BF)

---

**Wheatgrass***Positive Qualities:*

Vital health; embarked on universal journey; clear vision from divine perspective; wholeness.

*Patterns of Imbalance:*

Addicted to destroying life force with behaviors, thoughts, word patterns, emotional states, or substances; blocked wisdom, lack of common sense; numb, disconnected; abdication of self-responsibility. (DAW)

---

**White Chestnut***Positive Qualities:*

Inner quiet; calm, clear mind.

*Patterns of Imbalance:*

For constant and persistent unwanted thought, such as, mental arguments, worries or repetitious thoughts that prevent peace of mind and disrupt concentration. (BF)

---

**White English Daisy***Positive Qualities:*

Calmness in emergency situations; centered in body; proper, methodical reactions to external traumas.

*Patterns of Imbalance:*

Going in circles; not accomplishing tasks; out of control; constantly stopping and restarting the same tasks, never completing. (KAT)

---

**White Kukui***Positive Qualities:*

Energetic enthusiasm, joyfully embracing life; balanced ambition and contentment.

*Patterns of Imbalance:*

Despondent, defeatist; no point in trying; fear of failure. (DAW)

---

**Wild Hydrangea***Positive Qualities:*

Ability to take life's ups and downs in stride, and to use both to achieve desired results.

*Patterns of Imbalance:*

Only acting when conditions are perfect; prima donna attitude. (DAW)

---

**Wild Oat***Positive Qualities:*

Work as an expression of inner calling; outward life which expresses one's true goals and values; work experiences motivated by an inner sense of life purpose.

*Patterns of Imbalance:*

For the dissatisfaction with not having succeeded in one's career or life goal. When there is unfulfilled ambition, career uncertainty or boredom with one's present position or station in life. (BF)

---

**Wild Rose***Positive Qualities:*

Will to live, joy in life.

*Patterns of Imbalance:*

For those who for no apparent reason, have resigned themselves to their circumstances. Having become indifferent, little effort is made to improve things or find joy. (BF)

---

**Willow***Positive Qualities:*

Acceptance, forgiveness, taking responsibility for one's life situation, flowing with life.

*Patterns of Imbalance:*

For those who have suffered some circumstance or misfortune which they feel was unfair or unjust. As a result they become resentful and bitter toward life or toward those who they feel were at fault. (BF)

---

**Xanthomonas***Positive Qualities:*

I believe, accept, think and feel I want positive change; all aspects of Self - body, mind and spirit, act in harmony to create, support and sustain positive change.

*Patterns of Imbalance:*

Self-sabotage, blocked psychologically, blocked progress; subconscious will working counter to heart's desire. (DAW)

---

**Yarrow***Positive Qualities:*

Inner radiance and strength of aura, compassionate awareness, inclusive sensitivity, beneficent healing forces.

*Patterns of Imbalance:*

Extreme vulnerability to others and to the environment; easily depleted, overly absorbent of negative influences, psychic toxicity. (NA)

---

**Yarrow Special Formula***Positive Qualities:*

Enhancing integrity of etheric body, of vital formative forces.

*Patterns of Imbalance:*

Disturbance of life-force and vitality by noxious radiation, pollution, or other geopathic stress; residual effects of past exposure. (NA)

---

**Yellow Star Tulip***Positive Qualities:*

Empathy, receptivity to the feelings and experiences of others; acting from inner truth and guidance.

*Patterns of Imbalance:*

Insensitivity to the sufferings of others; lack of awareness of the consequences of one's actions on others. (NA)

---

**Yerba Santa***Positive Qualities:*

Free-flowing emotion, ability to harmonize breathing with feeling; capacity to express a full range of human emotion, especially pain and sadness.

*Patterns of Imbalance:*

Constricted feelings, particularly in the chest; internalized grief and melancholy, deeply repressed emotions. (NA)

---

**Zinnia***Positive Qualities:*

Childlike humor and playfulness; experiencing the joyful inner child, lightheartedness, detached perspective on Self.

*Patterns of Imbalance:*

Overseriousness, dullness, heaviness, lack of humor; overly somber sense of Self, repressed inner child. (NA)

---

**Ziziphus***Positive Qualities:*

Contemplative, calm observation, ability to shift into relaxation at appropriate times.

*Patterns of Imbalance:*

Sluggish participation in life, seeking escape through sleep, misperception of sleep state. (DAW)

---