

FES Quintessentials™



*Flower Essences to
Bridge Body and Soul*



Iris
Iris douglasiana

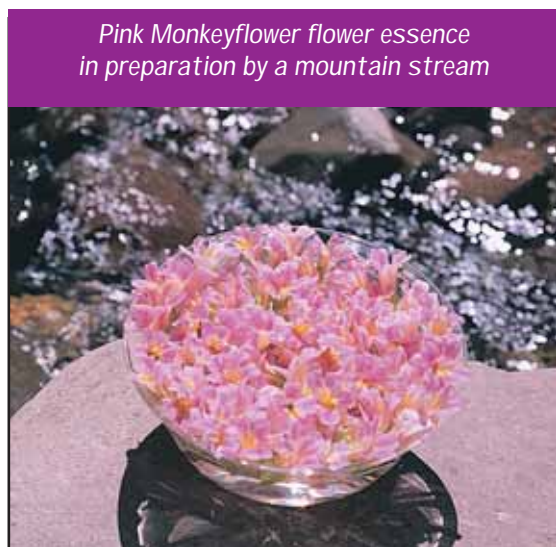
Iris stimulates creativity, there's nothing like it! It started me writing again, after ten years of inactivity. I've used it successfully ever since.

P. Rosner, Los Angeles, California

What are Flower Essences?

Flower essences are liquid, potentized plant preparations which convey a distinct imprint, or etheric pattern of a specific flower. Originally developed in the 1930's by the English physician, Dr. Edward Bach, flower essences enjoy a reputation of being highly beneficial and safe to use. Because they contain only minute traces of physical substance, flower essences are not classified as biochemical medicine. They belong to a new modality of **potentized remedies** which derive their active powers from **life forces within substances**.

Flower essences expand our understanding of health care, recognizing a relationship between body and soul, and the interweaving of spiritual, mental, emotional, and physical aspects of wellness. They address the subtle but very important realm of the human psyche, where thoughts and feelings emanate. Just as food sustains the human body, **flowers nourish the human soul**, enhancing emotional and psychological well-being.



How are the FES Flower Essences Made?

FES Quintessentials are made through the careful orchestration of the four elements of Earth, Water, Air, and Fire, as well as environmental and astronomical indications. The flowers are hand-collected at the precise peak of blossom in carefully selected wild habitats or in our Biodynamic gardens. They are infused with pure water that is derived from the same habitat as each flower, and made in the open, undisturbed air with the gentle fire of the morning sun. The fifth **quintessential** element requires the attunement and sensitivity of the preparer to the plant, the environment, and cosmic forces. After the plant's archetypal, vibrational pattern is infused into the water, the liquid is hand-potentized and prepared as a mother essence, and then diluted into stock, with Biodynamic

brandy added as a natural preservative. **FES Quintessentials** are sold at the stock level of dilution. They are dual certified **Biodynamic and Organic** according to the National Organic Program (NOP) standards by Stellar Certification Services and the international Demeter organization.

How are the FES Essences Used?

There are many equally successful ways to take flower essences. They can be taken directly from the stock bottle, a few drops at a time; or three to four drops of stock can be stirred into a small amount of water, and then sipped throughout the day. Also, a one-ounce dosage bottle can be filled three-quarters full with spring water, and two to four drops of stock from each flower essence selected for the formula, then topped with one tablespoon of brandy preservative. Apple cider vinegar or vegetable glycerin may be used as alternative preservatives, in quantities of one-third to one-half of the bottle.

The standard dosage for flower essences is **four drops under the tongue four times per day**. Potency is increased not by taking more drops at one time, but by increasing the **frequency** in emergency or acute situations. Children or highly sensitive individuals may need to decrease frequency of use to once or twice daily.

Flower essences can also be used in a misting bottle that is sprayed directly in the mouth, permeated into the surrounding environment, or applied topically for direct absorption through the skin. Essences can be added to bath-water, or to cremes, lotions, and oils. The **FES Seasons of the Soul Herbal Flower Oils**, are already potentized with flower essences and are recommended as carrier oils for massage and other topical applications. **Self-Heal Creme** is also recommended as a highly effective conduit for topical formulations of flower essences.



Stock bottles in the one-ounce (30 mL) size. The Yarrow Environmental Solution also comes in a convenient spray bottle.

Self-Heal Creme and the Seasons of the Soul herbal oils are used for topical applications of flower essences, with herbal and aromatherapy ingredients.

How are Flower Essences Selected?

Through reflection, meditation, self-observation, and consulting with others, it is possible to become aware of **key issues and challenges** related to one's work, relationships, or self-image. Consult the list of **positive qualities and patterns of imbalance** in this brochure, or review other flower essence literature such as the *Flower Essence Repertory* to select the essences most closely related to your key issues. It is important to be aware of positive transformative goals as well as areas of pain and distress when making a selection. Generally, it is best to choose approximately three to six essences at a time, or even just one or two essences, in order to focus clearly on the main issues. *Note: individuals with profound therapeutic issues should consult a health professional who is an experienced flower essence practitioner. Please access the FES Practitioner Referral Network at www.flowersociety.org/practitioner.*

What Results Do Flower Essences Bring?

Some users report immediate or dramatic changes when taking flower essences. Others may have difficulty perceiving any changes. The most typical pattern is to discover the gradual effect of the essences over a period of time. These changes can include shifts in relationships, life-style, self-image, stress level, attitude toward work, state of well-being, enhanced dream activity or other internal shifts of cognition and emotional awareness.

Flower essences are not panaceas, rather they are catalysts that stimulate the ability to respond, or take responsibility for life challenges. They augment and support meditation and prayer, moral development, social responsibility, physical exercise, and good diet and hygiene; but they do not replace those therapies which may be medically indicated. The flower essences are intended to stimulate greater awareness of thoughts and feelings which contribute to health and well-being, thus building a vital bridge between body and soul consciousness.

FES Remedies have been the most potent, most effective, and most pointed remedies I have ever used in my life — equally as effective as any and all homeopathic and Chinese patent remedies I've ever used.

Elizabeth Wolf, LMT, NTS, Albuquerque, NM

I have found FES products to be highly effective.... I wholeheartedly recommend them for professional therapeutic use, and invite other practitioners to use them personally to experience their healing qualities firsthand.

Dr. Thomas Worden, DC, Danbury, CT



The Terra Flora Biodynamic Gardens

Professional Quality for Over a Quarter Century

FES Quintessentials are produced by *Flower Essence Services*, co-directed by Richard Katz and Patricia Kaminski, who are married and professional partners. Established over a quarter century ago, FES is based in the foothills of California's Sierra Nevada mountains, a tree-studded land of granite peaks, sparkling rivers, and gold-embedded quartz. Our private workplace and residence, *Terra Flora*, encompasses 17 acres of Biodynamic organic gardens, ponds, and natural areas. This environment is ideally suited for preparing the pure and potent plant products which we send to customers throughout the world.

FES is respected as a leading company in the field of etheric plant remedies, with an international reputation for quality and efficacy. *FES Quintessentials* have been developed carefully through research and case reports by qualified practitioners around the world. Today, FES products are used in more than 50 countries by hundreds of thousands of health care professionals and family care-takers.

We urge you to become a member of our non-profit educational and research organization, the *Flower Essence Society*. Membership in the Society supports our training programs, educational publications and lectures, pioneering research, and protection and development of wildflower habitats. Members receive class announcements and e-newsletters, and have access to special research information and the *Members' Online Repertory*. Please contact us at Flower Essence Society, P.O.Box 459, Nevada City, CA 95959 USA, 530-265-9163 or 800-736-9222, www.flowersociety.org.

Prepared from Vibrant Plant Populations in Unique & Pristine Habitats

Each flower essence is a highly specific expression of its unique environment. FES takes great care to make its medicines from the most vibrant plant populations, where the strongest archetypal signature of each plant resonates. There is enormous variety in these plant habitats – some of the most basic include, coastal, tropical, high alpine, open meadows and dense forests, riparian streams and drylands. Other flowers are carefully naturalized in our pristine Biodynamic/organic certified gardens.

Coastal and Tropical



The elegant and regal Douglas Iris flourishes in moist lowlands along the Pacific coast.



The sensitive Star Tulip (also known as "Cat's Ears") is made along coastal bluffs bathed in ocean mist and fog.



Gently swaying in the wind, native Quaking Grass grows on coastal hillsides.

The vibrant Hibiscus flourishes in the warm, moist conditions of the tropics.



Foothill and Valley Meadows



Baby Blue Eyes (above) and Forget-Me-Not (below) love the moist meadows of early spring.



Yellow Star Tulip is a bright presence in the woodland peripheries of the Sierra foothills.



The California Poppy "Cup of Gold" glistens on hillsides in the spring.



The radiant Buttercup creates rivers of shimmering yellow light in early spring meadows.



Delicate yet strong, the California Wild Rose emerges with wafts of perfume in the mid-spring.



The majestic Alpine Lily graces high mountain meadows.



Indian Paintbrush adds a vibrant accent to a moist mountain meadow.



Penstemon grows sturdily above the tree-line in the crevices of volcanic rock.



Sun-kissed Arnica blooms along the streams of freshly melting snow.



Mountain Pennyroyal wafts its cleansing aroma from mountain sentinels.

Alpine Flowers



Pretty Face shines its luminous star in alpine meadows.



The gentle chalice of Mariposa Lily flourish in the granite rocks of the high Sierras.



Mountain Pride flames from its rocky ledge perch.



Fawn Lily appears just as the crystals of snow melt into rivulets of water.



Pink Monkeyflower nestles into the curving streams of mountain snowmelt.

Woodlands and Riversides



The bright blue Hound's Tongue emerges from the dense vegetation of the forest floor in early spring.



The delicate and sweetly scented Bleeding Heart is a woodland delight.



The pulsating red Indian Pink (left) is a spring-bloomer in the forests.



The exquisite Fairy Lantern (right) displays its nodding blossom along wooded riverbanks, but never fully opens its inner secret.



Home to butterflies, the Milkweed grows in the forests near riverbanks.



The strong Manzanita brings life to disturbed habitats.

Desert and Other Dry Habitats



The pungent and purifying Chaparral (Creosote Bush) flourishes in the high deserts.



Filled with oily resin, the delicate lavender Yerba Santa (above) favors dry, exposed hillsides.

Sagebrush (left) prefers the dry and sparse conditions of the clear and open desert.



The towering Saguaro cactus (right) offers its magnificent blooms in the magical moonlight of the desert.

The fiery Canyon Dudley (left) attaches itself to sun-baked ledges in river canyons and mountain hillsides.



Terra Flora Gardens



Angel's Trumpet growing by the Terra Flora angel.



Dual-certified
Biodynamic
and Organic



Golden curving cups of Calendula grace the garden most of the year.



The bright white globes of Angelica offer a prayer to the sky.



The towering Sunflower celebrates the high summer sun.



Abundant Shasta Daisies shine at summer solstice.



Strong and radiant Echinacea rays its mantle of magenta light into the garden.



Zinnia blossoms with red exuberance.



Brilliant blue Borage flowers bring a cheerful uplifting presence to the garden.

FES Quintessentials™ Overview of Qualities and Healing Patterns

The following 103 essences are our best known remedies, used for many years by practitioners throughout the world. They are available individually or in practitioner kits. For more detailed profiles please refer to the **Flower Essence Repertory**, available in print. An **online Repertory** with data base resourcing and plant pictures is available to members of the **Flower Essence Society at www.flowersociety.org**.

Aloe Vera *Aloe vera*

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*

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 *Brugmansia candida*

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*

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

I think that your flower essences and literature are one of the best-kept secrets in natural healing. Your work, your research, and your healing energy has helped hundreds of our clients.

Marijke van de Water, Homeopath & Herbalist,
British Columbia, Canada

Arnica *Arnica mollis*

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*

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*

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*

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*

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



Your contribution to flower essences and ethical approach are very much respected and admired.

Caroline Van der Mey, Naturopath, Australia

Blackberry *Rubus ursinus*

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*

Positive qualities: Ability to love others unconditionally, with an open heart; emotional freedom

Patterns of imbalance: Entangled in relationships based on fear, possessiveness or neediness; emotional co-dependence



Borage *Borago officinalis*

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*

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*

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



Thank you for having superior products — the feedback has been out of this world as to the results we are getting. Keep up the good work.

Jo Ellen Bighouse, LLC, RN,
Midas Touch Naturally Healthy Pets, Leesburg, VA



California Pitcher Plant *Darlingtonia californica*

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*

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*

Positive qualities: Love for the Earth and for human life, enthusiasm for doing and serving
Patterns of imbalance: Apathy, resignation, pronounced passivity; inability to catalyze will forces through the heart

Calla Lily *Zantedeschia aethiopica*

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*

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

I acknowledge FES for your strong moral accountability in developing flower essences. In order to advance this modality for healing, we must develop the discipline to carefully track what is happening when we use essences.

Jeanne Peters, RD, American Dietetic Association, El Segundo, CA

Cayenne *Capsicum annuum*

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*

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 *Larrea tridentata* (also known as Creosote Bush)

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

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

Corn *Zea mays*

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*

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*

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*

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*

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: Overwhelm due to excess stimulation, hypersensitivity to environment or to outer activity, sensory congestion



Dogwood *Cornus nuttallii*

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*

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*

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*

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*

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 purpurascens*

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*

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



We have the strongest admiration and respect for the FES essences. Here in Cuba we do not have great economic means, yet our public health system has recognized flower essence therapy. Your essences are clear and powerful and can be relied upon for professional results. They have been invaluable in helping many people — we have seen remarkable resolution of both medical and psychosomatic cases.

Drs. Pedro Sastriques & Xonia M. Lopez Cepero,
Center for Specialized Treatments,
Psychiatric Hospital of Havana, Cuba



Forget-Me-Not *Myosotis sylvatica*

Positive qualities: Awareness of karmic connections in one's personal relationships; 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*

Positive qualities: Genuine emotional vitality, ability to express intense 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*

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*

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



Golden Yarrow *Achillea filipendulina*

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



Goldenrod *Solidago californica*

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



Hibiscus *Hibiscus rosa-sinensis*

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*



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*

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*

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

FES invests time, effort and money in research work, in obtaining the feedback of therapists from all over the world with regard to their experiences and results... I have absolute trust in their research, and development of the therapeutic work. I deeply thank them for their evident dedication.

Dr. Claudia Stern,
Director, Centro de Estudios Florales,
Buenos Aires, Argentina



Iris *Iris douglasiana*

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

Lady's Slipper (Yellow) *Cypripedium parviflorum*

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*

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*

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*

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*

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*

Positive qualities: Precise thinking, disciplined focus and concentration

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

Mallow *Sidalcea glauscens*

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*

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*

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*

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*

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*

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

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

Mountain Pride *Penstemon newberryi*

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*

Positive qualities: Integration of psychic or dream experiences with daily life; flexible, 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*

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*

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 much study

Nicotiana *Nicotiana glauca* (Flowering Tobacco)

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*

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*

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*

Positive qualities: Mindful and 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*

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

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

Pink Yarrow *Achillea millefolium* var. *rubra*

Positive qualities: Loving awareness of others within a field of 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 *Toxicodendron diversiloba*

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*

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



Pretty Face *Triteleia ixioides*

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*

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*

Positive qualities: Harmonious community 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*

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



Quince *Chaenomeles speciosa*

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



Rabbitbrush *Chrysothamnus nauseosus*

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*

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*

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*

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*

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



Saguaro *Carnegiea giganteus*

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*

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

Scarlet Monkeyflower *Mimulus cardinalis*

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 powerlessness; need to be seen as "nice" rather than "real"



Scotch Broom *Cytisus scoparius*

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 world events

Self-Heal *Prunella vulgaris*

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*

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*

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*

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*

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

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

Star Tulip *Calochortus tolmiei*

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*

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*

Positive qualities: Unique 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 latifolius*

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

Tansy *Tanacetum vulgare*

Positive qualities: Decisive and goal-oriented, 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*

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*

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*

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*

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



Yarrow *Achillea millefolium*

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:

flower essences of Yarrow, Pink Yarrow, Golden Yarrow, Arnica and Echinacea, with Yarrow and Echinacea tinctures, in a sea salt water base

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*

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*

Positive qualities: Free-flowing emotion, ability to harmonize breathing with feeling; capacity to express a full range of human emotions, especially pain and sadness; positive melancholy and soul depth

Patterns of imbalance: Constricted feelings, particularly in the heart and lungs; internalized grief and melancholy, deeply repressed emotions



Zinnia *Zinnia elegans*

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

FES Quintessentials are herbal supplements. The information provided is not intended to diagnose, treat, cure or prevent any disease. These products and the statements made in this brochure have not been evaluated by the Food and Drug Administration.

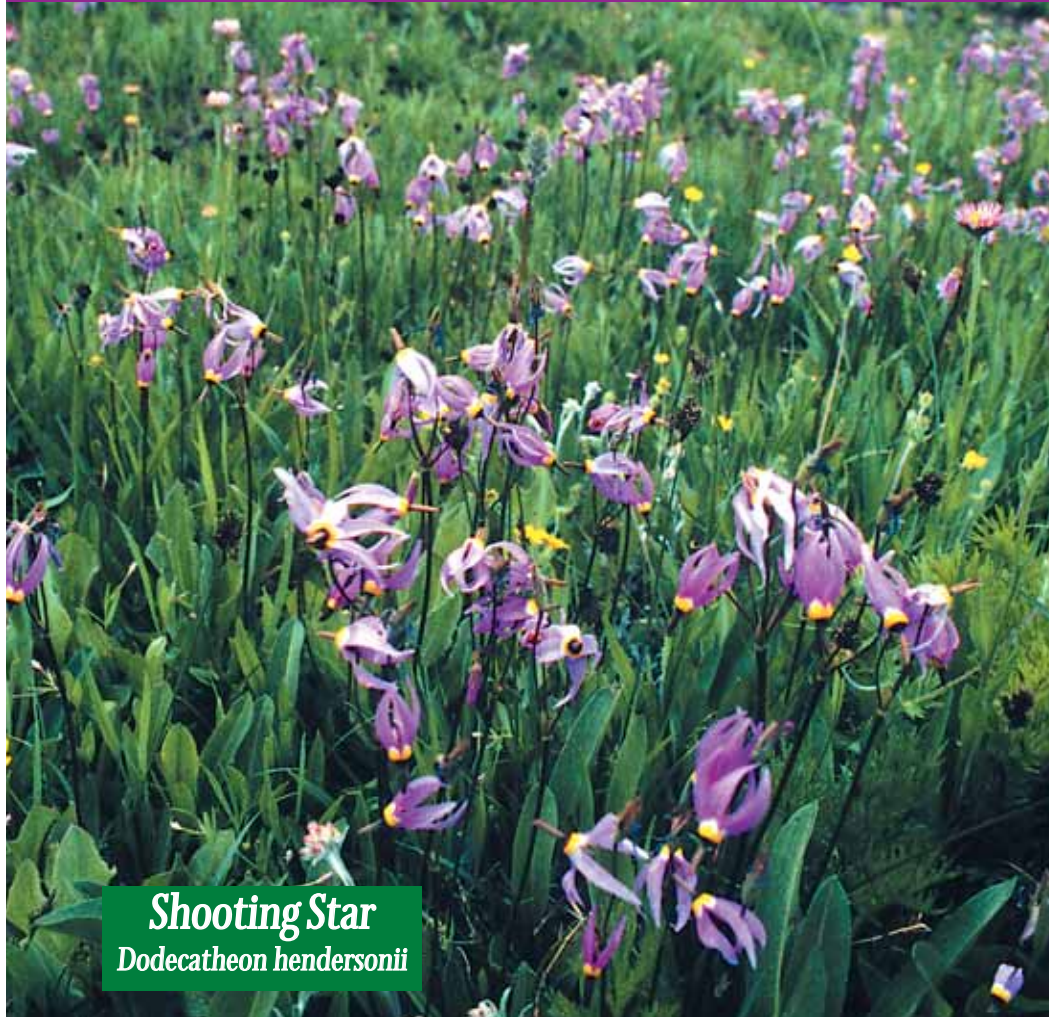
Written by Patricia Kaminski for Flower Essence Services.
© by Flower Essence Services. All rights reserved.



Printed on recycled paper.

I cannot speak highly enough of the FES flower essences....They gently unlock deeply ingrained patterns in the psyche, which even counseling, affirmations and positive thinking sometimes are unable to shift...so we can assist the patient to move on. You are bringing great blessings to many people.

Dr. Sally Dawson, New Zealand



Shooting Star

Dodecatheon hendersonii

FES Quintessentials™

www.fesflowers.com

Flower Essence Services

P.O. Box 1769, Nevada City, CA 95959 USA

800-548-0075 fax: 530-265-6467



Dual-certified
Biodynamic®
and Organic