

Alaskan Flower Essences

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Alder
Alnus crispa



Indications: taking life at surface value; unable to see what one senses to be true.

Healing Qualities: promotes clarity of perception on all levels; helps us integrate seeing with knowing so that we can recognize our highest truth in each life experience.

Alpine Azalea
Loiseleuria procumbens



Indications: self doubt; withholding love from ourselves; unable to have compassion for ourselves.

Healing Qualities: helps us achieve unconditional self-acceptance through the release of self-doubt; opens our hearts to the spirit of love; teaches us compassion through understanding.

Balsam Poplar
Populus balsamifera



Indications: inconsistent emotional and sexual response, often resulting from shock and trauma or a lack of grounding.

Healing Qualities: for the release of physical and emotional tension associated with sexual trauma; balances the circulation of life force energy in the body; helps to ground and synchronize our sexual energy with planetary cycles and rhythms.

Black Spruce
Picea mariana



Indications: contracted view of life; tendency to forget information learned from past experiences; out of touch with the wisdom of the soul family.

Healing Qualities: promotes the integration of information from past lessons and experiences into present time awareness; helps us access eternal and archetypal wisdom from the collective consciousness of the earth.

Bladderwort
Utricularia vulgaris



Indications: caught up in illusion; unable to make decisions that support one's highest good; often deceived or taken advantage of; lack of discernment.

Healing Qualities: helps us shatter illusion through clear inner knowing; promotes discernment when faced with dishonesty in others; strengthens our ability to perceive the truth regardless of the confusion that surrounds it.

Alaskan Flower Essences

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Blueberry Pollen
Vaccinium
uliginosum



Indications: lack of belief in the concept of abundance; low prosperity consciousness; difficulty receiving from others and from the earth.

Healing Qualities: helps us expand on all levels to accommodate abundance; facilitates the release of mental and emotional attachments that limit our ability to manifest higher purpose in physical form.

Blue Elf Viola
Viola sp.



Indications: unable to express anger in a clear and non-violent way; difficulty resolving conflict, especially in group situations.

Healing Qualities: dissipates the protective energy that has been built up around our anger, rage, and frustration; helps us understand the issues at the root of these emotions so they can be expressed in a clear and heart-centered way.

Bog Blueberry
Vaccinium
uliginosum



Indications: conditional acceptance of abundance; attachment to the form in which anything manifests in one's life.

Healing Qualities: for neutralizing the beliefs that limit the experience of abundance on all levels; encourages us to open to the abundance that is offered with acceptance and gratitude.

Bog Rosemary
Andromeda *polifolia*



Indications: lacking trust; immobilized by a fear of the unknown; inability to take risks in order to grow or heal.

Healing Qualities: promotes the release of fear and resistance held deep in the heart; strengthens trust in Divine healing and support.

Bunchberry
Cornus *canadensis*



Indications: lack of mental focus; easily distracted by or caught up in the emotional turmoil of others; sense of not having enough time to complete tasks.

Healing Qualities: promotes coherent thinking; helps us become aware of and then release our attachment to distraction; promotes mental steadfastness, focus, and emotional clarity in demanding situations.

Cassandra
Chamaedaphne
calyculata



Indications: anxiousness; difficulty shifting one's attention to an inner focus; unable to relax into deeper levels of meditation.

Healing Qualities: calming; encourages stillness of mind; enables us to perceive life from a quiet inner perspective.

Alaskan Flower Essences

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Cattail Pollen
Typha latifolia



Indications: weakened by connections and involvements which no longer serve one's highest truth; difficulty standing up for oneself; feeling unsupported by others.

Healing Qualities: helps one connect with the personal truth that illuminates one's chosen life path, and with the inner strength to act in alignment with this truth.

Chiming Bells
Mertensia paniculata



Indications: depressed; despondent; disheartened; no joy in one's day-to-day existence; feeling a lack of support and stability at a basic level.

Healing Qualities: encourages the experience of joy, peace, and stability at the physical level of our beings; helps us open our hearts to the loving energy of the Divine Mother.

Columbine
Aquilegia formosa



Indications: weak sense of self; judging one's appearance in comparison to others; unable to appreciate one's own unique or distinctive beauty.

Healing Qualities: helps us appreciate our own unique and personal beauty, regardless of how it differs from others; strengthens our sense of self and the ability to project ourselves out in the world for others to see.

Comandra
Geocaulon lividum



Indications: visionary abilities undeveloped or ungrounded and therefore of no practical use; focus of one's perceptions limited to the gross, material aspects of the physical world.

Healing Qualities: support for maintaining the necessary perspective on both the seen and unseen worlds as we move through the current dimensional shift; opens the heart to be a bridge between the third and fourth dimensions; helps us develop our potential to see the physical world from a higher perspective.

Cotton Grass
Eriophorum sp.



Indications: shock and trauma resulting from an accident or injury of any kind; fixating on one's discomfort rather than on the healing process; unable to completely heal an old injury because of a lack of awareness of what led to its creation.

Healing Qualities: helps a person come to an understanding of the core issues that led to an accident or injury so that they can release the physical, emotional, and mental trauma associated with it.

Cow Parsnip
Heracleum lanatum



Indications: ungrounded; feeling cut off from one's roots; unsure of one's inner direction; difficulty connecting with or adapting to new surroundings after a move.

Healing Qualities: promotes inner strength; assists with the process of adapting to a new environment; encourages peace of mind and contentment with present circumstances, even during times of intense transition and change.

Alaskan Flower Essences

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Dandelion
Taraxacum
officinale



Indications: lack of awareness of the deeper mental attitudes that lead to chronic muscular tension; difficulty releasing emotional energy stored in the body.

Healing Qualities: promotes awareness and release of emotional tension held in muscle tissue; increases body-mind communication so we are better able to identify the underlying issues and attitudes that lead to the creation and holding of tension in our bodies.

Fireweed
Epilobium
angustifolium



Indications: shock or trauma; energy stagnation on any level; feeling burned out; weak connection to the earth.

Healing Qualities: strengthens the grounding connection to the earth; helps break up and move out old energy patterns that are being held in the etheric body so that new cycles of revitalization and renewal can be initiated.

Forget-Me-Not
Myosotis alpestris



Indications: feeling separate; difficulty connecting to the spiritual dimension; deeper connections with others blocked by subconscious fears; feeling guilty about past actions.

Healing Qualities: facilitates the release of fear, guilt, and pain held in the subconscious; enables us to regain respect and compassion for ourselves and for others.

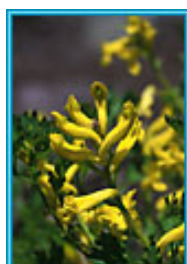
Foxglove
Digitalis purpurea



Indications: fear of the unknown; lack of perspective on how to deal with a challenging situation; unable to see the lesson or issue at the heart of a conflict or difficulty.

Healing Qualities: stimulates the release of fear and emotional tension; enables our perceptions to expand to connect with the truth of the situation.

Golden Corydalis
Corydalis aurea



Indications: cannot get all of one's talents and skills to work together in a focused way; overwhelmed by new experiences; cannot make sense of how one's life fits together.

Healing Qualities: supports the reintegration of identity after an experience of deep transformation; helps us establish and maintain a link with the higher self that facilitates the integration of life experience according to the needs of the soul.

Grass of Parnassus
Parnassia palustris



Indications: difficulty maintaining one's energy level in toxic or crowded environments; subtle bodies need to be cleansed and reenergized.

Healing Qualities: showers all levels of the energy system with the cleansing and nourishing benefits of Light; helps us bring past experiences to completion on all levels.

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Green Bells of Ireland
Molucella laevis



Indications: ungrounded; lacking a conscious heart connection to the natural world; unaware of the light and intelligence present in nature.

Healing Qualities: opens our conscious awareness to the light and intelligence present in nature; helps the newly born greet the earth; strengthens the energetic connection between the physical body and the earth.

Green Bog Orchid
Platanthera obtusata



Indications: sensitivity to the self and others blocked by pain and fear held deep in the heart; lack of trust in one's deeper motivations; difficulty communicating from the heart.

Healing Qualities: stimulates the gentle release of pain and fear from deep levels of the heart; expands awareness of one's inner nature; supports the development of a heart connection with others and with the nature kingdoms.

Green Fairy Orchid
Hammarbya paludosa



Indications: core imbalance between the masculine and feminine aspects of the self; difficulty resolving conflicts within the heart; maintains separation through defensiveness.

Healing Qualities: helps us create a level of honesty in the heart where nothing is hidden; expands the heart so that it may contain the fullness of the inner male and inner female.

Grove Sandwort
Moehringia lateriflora



Indications: feeling a lack of physical and emotional nurturing; weak bonding connections between mother and child; feeling unsupported by the earth.

Healing Qualities: helps us establish clear energetic communication with the earth; supports a nurturing relationship between the earth and all living beings; strengthens physical and emotional bonds between mothers and children.

Hairy Butterwort
Pinguicula villosa



Indications: unable to acknowledge or trust in higher guidance and support, especially when confronted with a challenging situation or life lesson; lack of awareness of the core issues that need to be addressed in order to resolve a situation.

Healing Qualities: helps us consciously access the support and guidance we need in order to move through transition, conflict, or difficulty with ease, grace, and deep understanding, and without the creation of crisis or illness.

Harebell
Campanula lasiocarpa



Indications: feeling unloved and cut off from the Source; looking for love outside of oneself.

Healing Qualities: helps us remove self imposed limitations to opening all areas of our life to Universal Love and the presence of the Divine.

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Horsetail
Equisetum arvense



Indications: distorted communication with other levels of one's consciousness; difficulty communicating with the higher selves of others, including animals.

Healing Qualities: connectedness; opens and expands channels of communication between the conscious, subconscious, and super-conscious levels of our beings; improves inter-species communication.

Icelandic Poppy
Papaver icelandica



Indications: conditional about how we welcome spirit into our lives; survival, sexual, and spiritual aspects of life not integrated.

Healing Qualities: supports the gentle unfoldment of spiritual receptivity; strengthens our capacity to integrate and radiate spiritual energy into all aspects of our lives.

Jacob's Ladder
Polemonium
pulcherrimum



Indications: unclear about intention or motivation; lacking trust in the spiritual world; attempting to mentally control life in order to fulfil needs and desires.

Healing Qualities: aligns intention and motivation with the higher self; helps us move from trying to "figure things out" to a place of opening to receive the wisdom that is available in each moment.

Labrador Tea
Ledum palustre



Indications: addictions; attempting to balance one extreme with another; extreme imbalance in any area of life; difficulty coming back to center after a traumatic or unsettling experience.

Healing Qualities: centers energy-in the body-in the moment; relieves stress associated with the experience of extremes; helps us continually learn a new perspective of balance.

Lace Flower
Tiarella trifoliata



Indications: lack of awareness, acceptance or appreciation of our own natural beauty and intrinsic value; feeling insignificant; unsure of how our personal or professional contributions fit into the whole.

Healing Qualities: strengthens self-acceptance and our sense of self-worth; promotes the realization of how each person's unique contribution enriches the whole.

Ladies' Tresses
Spiranthes
romanzoffiana



Indications: lack of awareness of the connection between our life lessons and our life purpose; difficulty reconnecting with the body after a serious injury or traumatic experience.

Healing Qualities: promotes deep internal realignment with life purpose through the release of trauma held at the cellular level; helps us reconnect energetically with parts of the body that have been injured or traumatized.

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Lady's Slipper
Cypripedium
guttatum



Indications: lack of sensitivity to the flow of energy in and around the body; resistance to receiving healing energy from others.

Healing Qualities: regulates circulation in all of the major energy pathways; increases awareness of the flow of subtle energy in and around the body; helps us receive, focus and direct healing energy for ourselves and others.

Lamb's Quarters
Chenopodium
album



Indications: perspective limited to what we can understand with the mind; lacking balance and harmony between the mind and heart, the rational and the intuitive.

Healing Qualities: heals separation between the heart and mind; balances the power of the mind with the joy of the heart.

Monkshood
Aconitum
delphinifolium



Indications: difficulty being in close physical contact with others; confused sense of spiritual identity; fearful of contacting the shadow self.

Healing Qualities: provides protection and support for getting in touch with the deepest levels of the inner self; strengthen's our ability to interact with others by fostering a clear recognition of our own divine identity.

Moschatel
Adoxa moschatelina



Indications: overly intellectual focus on life; believing that everything must come through struggle; creating without joy.

Healing Qualities: teaches us how to accomplish more by grounding our mental focus into the earth; helps us learn how to co-create with nature through celebration and play.

**Mountain
Wormwood**
Artemisia tilesii



Indications: unresolved anger and resentment; cannot easily forgive the self or others for past actions regardless of the intent behind them.

Healing Qualities: stimulates the healing of old wounds and the release of resentment; supports us in surrendering unforgiven areas within ourselves and in our relationships with others.

**Northern Lady's
Slipper**
Cypripedium
passerinum



Indications: weak body/soul connection; traumatic birth experience; pain and trauma held very deeply in the body.

Healing Qualities: nurturing energy for the healing of core traumas and wounds that are being held very deeply in the body; helps us allow our beings to be touched and healed by infinite gentleness.

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**Northern
Twayblade**
Listera borealis



Indications: resistance to opening to the subtle aspects of our own consciousness; unable to integrate our spiritual wisdom and divine nature with our most basic needs.

Healing Qualities: helps us ground our sensitivity to the subtle realms more fully into our physical body and life experience; helps us enlighten our most basic needs, instincts, and mundane realities with the finest aspects of our spiritual wisdom.

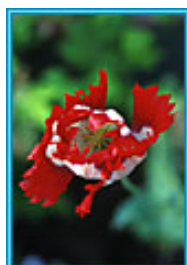
**One-Sided
Wintergreen**
Pyrola secunda



Indications: dysfunctional energy boundaries; strongly influenced by other people's energy; unaware of how one's energy and actions affect others.

Healing Qualities: helps sensitive people become aware of how they impact and are impacted by others; teaches us how to work in close proximity with others without losing our center; helps us create functional energy boundaries based on an awareness of our own sensitivities.

Opium Poppy
Papaver somnifera



Indications: unable to find balance between activity and rest; deep exhaustion; unaware of past accomplishments; difficulty understanding and integrating lessons and experiences.

Healing Qualities: for finding a balance between doing and being; helps us integrate previous experiences so we may live more fully in the present.

Paper Birch
Betula papyrifera



Indications: confusion or disorientation about the direction life should take; unable to connect with deeper levels of insight regarding life purpose.

Healing Qualities: encourages a gentle unveiling of the true and essential self that is present within; helps us gain a clearer perspective of our life purpose and how to live it.

Pineapple Weed
*Matricaria
matricariodes*



Indications: lack of harmony with our physical environment; unaware of the support and nurturing that is available from nature; weak nurturing bond between mother and child.

Healing Qualities: helps us maintain a calm awareness of ourselves and our surroundings so that we can remain free from injury and risk; promotes harmony between mothers and children, and between humans and the earth.

Prickly Wild Rose
Rosa acicularis



Indications: lacking trust and faith; feeling hopeless; apathetic and disinterested in life; unable to keep the heart open when involved in adverse circumstances.

Healing Qualities: helps us remain openhearted when we are faced with conflict and struggle; builds trust; encourages openness and a courageous interest in life.

Alaskan Flower Essences

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River Beauty
Epilobium latifolium



Indications: emotional devastation; overwhelmed by grief, sadness, or a sense of loss; shock and trauma from emotional or sexual abuse.

Healing Qualities: an essence of emotional recovery, reorientation and regeneration; helps us start over after emotionally devastating experiences; empowers us to use adverse circumstances as incentive for cleansing and growth.

Round-Leaved Sundew
Drosera rotundifolia



Indications: attachment to the known; fearful of the unknown; would rather struggle than change; over-identification with the ego; lack of communication between the lower and higher self.

Healing Qualities: for surrendering attachment to the known and letting go of resistance to the unknown; helps us bring the strength of the ego into alignment with divine will.

Shooting Star
Dodecatheon frigidum



Indications: sense of not belonging on the earth; homesickness for a place that cannot be identified; unable to consciously understand why one is here.

Healing Qualities: strengthens one's connection to inner spiritual guidance; brings a deeper understanding of cosmic origins and earthly purpose.

Single Delight
Moneses uniflora



Indications: feeling isolated and alone, especially during a dark or depressing time; cloudy inner vision; unable to sense or feel the connection with one's soul family.

Healing Qualities: for those suffering from feelings of isolation; helps us open to and link energetically with other members of our soul family.

Sitka Burnet
Sanguisorba stipulata



Indications: feelings of internal discord from unknown origins; unable to locate the source of our problems in life; difficulty understanding the lessons contained within our learning experiences.

Healing Qualities: for healing the past on all levels; helps us identify issues that are contributing to internal conflict; works with an individual to bring forth the full potential for healing that lies within a given process.

Sitka Spruce Pollen
Picea sitchensis



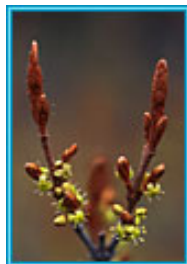
Indications: lack of humility in one's relationship to the earth; imbalance between the masculine and feminine expressions of power within an individual; reluctance to express or exercise one's power for fear of hurting someone.

Healing Qualities: balances the masculine and feminine expressions of power within an individual; supports right action in the present moment.

Alaskan Flower Essences

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Soapberry
Sheperdia
canadensis



Indications: fear of the power of nature; fear of one's own power; using one's power in irresponsible, inappropriate, or unbalanced ways.

Healing Qualities: stimulates the release of tension from the heart associated with a fear of nature; helps us move through fear with an open heart; supports us in channelling the expression of power through our hearts.

Sphagnum Moss
Sphagnum sp.



Indications: overly critical and judgmental of the healing journey; obsessing about the day-to-day details of one's healing process; unable to see the positive side of transformational experiences.

Healing Qualities: helps us release the need for harsh judgment or criticism of our healing journey; enables us to create a space of unconditional acceptance in the heart so that core issues can be brought there for healing.

Spiraea
Spiraea
beauverdiana



Indications: feeling unsupported by life; placing limitations on how support will be allowed into our lives; attachment to the way things are, even if they are not to our liking.

Healing Qualities: encourages unconditional acceptance of support from all sources; teaches us how to nurture and be nurtured by life through openness and gratitude.

Sticky Geranium
Geranium
erianthum



Indications: feeling unfocused, lethargic, or indecisive; resistance to moving on to the next level or stage of an experience; lacking energy to reach our goals; attached to our current level of consciousness and identity.

Healing Qualities: for getting un-stuck; supports decisive and focused action; helps us move beyond previous stages of growth and self identity.

Sunflower
Helianthus annuala



Indications: unbalanced expression of masculine energy in men or women; weak or dysfunctional relationship to the father, or to one's own identity as a father.

Healing Qualities: strengthens radiant expression of self; encourages a balanced expression of masculine energy in men and women; promotes a functional relationship with authority.

Sweetgale
Myrica gale



Indications: emotional energies blocked in lower chakras; emotional communication with others is defensive, lacking clarity, and is characterized by conflict, blame, and the assignment of guilt.

Healing Qualities: helps us identify and release deep emotional pain and tension that undermines the quality of our communication and interactions with others, especially in male/female relationships.

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Sweetgrass
Hierochloa odorata



Indications: energy blockages in the etheric body; low energy flow during the day; difficulty bringing a healing process to final completion; needing to remove disharmonious energies from the home or work environment.

Healing Qualities: cleanses and rejuvenates the etheric body; brings lessons and experiences to completion on the etheric level; removes disharmonious energies from our home or work environments.

Tamarack
Larix laricina



Indications: no confidence in one's unique skills and potentials; weak sense of self-identity; lacks awareness of what one is capable of.

Healing Qualities: promotes self-confidence by helping us reach a deeper understanding of our unique strengths and abilities; encourages the conscious development of individuality.

Tundra Rose
Potentilla fruticosa



Indications: hopelessness; lack of inspiration and motivation; overwhelmed by the responsibilities one has taken on.

Healing Qualities: restores hope, courage and inspiration to those who have much to offer but are close to giving up; strengthens the ability to bring a more robust expression of joy and enthusiasm to the fulfillment of one's responsibilities.

Tundra Twayblade
Listera cordata



Indications: deep pain and anguish resulting from wounds suffered in the past; heart closed in an attempt to avoid feeling the pain that is stored there.

Healing Qualities: opens the heart to allow unconditional love complete access to areas of the body that are in need of healing; supports the clearing of trauma held at the cellular level of the body.

Twinflower
Linnaea borealis



Indications: defensive or reactive communication; unable to clearly communicate from different aspects of the self; has difficulty understanding what others are saying.

Healing Qualities: promotes balance in communication; helps us learn to listen and speak to others from a place of inner calm and focused neutrality.

White Fireweed
Epilobium angustifolium



Indications: deep emotional shock and trauma; profound alienation from the body after an experience of sexual or emotional abuse.

Healing Qualities: calms the emotional body after a traumatic or shocking experience; helps us release the imprint of painful emotional experiences from the cellular memory so that rejuvenation can begin.

Alaskan Flower Essences

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White Spruce
Picea glauca



Indications: information overload; feeling disintegrated; unable to apply knowledge to life's challenges; difficulty integrating how one feels with how one thinks.

Healing Qualities: grounds spiritual wisdom into the body; helps us bring logic, intuition and emotion together into unified action in the present moment.

White Violet
Viola renifolia



Indications: uncomfortable in closed spaces and constrained environments; fearful of losing one's identity in a group; unable to embody one's sensitivity in a comfortable way.

Healing Qualities: builds trust in the protection of the higher Self and benevolent spiritual forces; helps those who are highly sensitive or acutely aware of their surroundings maintain a strong sense of self regardless of the dynamics of their environment.

Wild Iris
Iris setosa



Indications: lack of belief in one's own capacity to create; blocking creative expression because of an unwillingness to share it with others; feeling disconnected from the source of one's creativity.

Healing Qualities: opens awareness of our inherent creative potential; helps us recognize the beautiful expression of Divine creativity that we are; encourages us to share our inner beauty and creative energy freely with others.

Wild Rhubarb
Polygonum alaskanum



Indications: mental resistance and inflexibility; mind influenced by the ego; communication between the heart and mind blocked or undeveloped.

Healing Qualities: promotes mental flexibility; brings the mind into alignment with Divine Will through the heart; encourages a relaxation of inappropriate mental control; balances the rational and the intuitive.

Willow
Salix bebbiana



Indications: resistance to taking responsibility for one's actions or for the life one has created; unaware of how thoughts create reality.

Healing Qualities: stimulates mental receptivity, flexibility, and resilience; helps us remove our resistance to consciously creating our lives.

Yarrow
Achillea borealis



Indications: oversensitive to the environment; looking for protection from outside rather than from within the self; integrity of the aura has been compromised by injury or trauma in this or another lifetime.

Healing Qualities: seals energy breaks in the aura; strengthens the overall integrity of the energy field; helps us know and be the source of our own protection.

Alaskan Flower Essences

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Yellow Dryas
Dryas drummondii



Indications: feeling estranged from one's soul family; unable to sense the connective thread that links one's experiences into a coherent and understandable whole.

Healing Qualities: support for those who are exploring the edge of the known; helps one maintain an energetic connection to one's soul family during dynamic cycles of growth and change.
