



## hollyZherbal Flower Essences

### What is a Flower Essence?

Think about how you feel when you sit in a garden of flowers. The beauty, fragrance, energy and vitality of the flowers infuse you with a lifted spirit and your visit to the garden brings a subtle and gentle healing that may go unnoticed as you go through your day.

An essence holds the vibrational energy ("beingness") of the flowering plant. It is made by immersing the petals or flower head in water in sunlight and/or moonlight and preserving with brandy to make the "Mother." It is from this "Mother" which is further diluted for use by individuals. These essences work slowly over time and one notices the change in one's way of being perhaps a month to several months later. Who could ask for a better remedy than this?

### Agapanthus (*Agapanthus spp.*)

Open your world to abundance and let go of the fear that there is never enough. Release obsessions with poverty and feelings of lack. Gain courage and strength to manifest your highest potential.

### Agrimony (*Agrimonia eupatoria*)

Useful for one who hides, suppresses or denies their pain, anxiety, frustration or tension while appearing constantly smiling or appearing cheerful.

### Apple (*Malus spp.*)

Brings peace, clarity, balance, positivity and transformation, especially when in co-dependent relationships, with poor health issues or unhealthy habits. Purifies emotions and restores a sense of inner health when consumed with poor self-esteem or self-acceptance. Promotes dream state and astral projection.

### Arnica (*Arnica montana*)

Useful with experience of unconsciousness, dysfunction, illness from past trauma, shock and physical trauma that brings a disconnection of higher self from body. Brings conscious embodiment, despite emergency or stress and provides recovery from deep-seated strain, post-trauma, or scarring.

### Bird of Paradise (*Strelitzia reginae*)

Expand your creativity, ideas, and inspiration while manifesting new, unified and cohesive projects, relationships and freedoms.

### Bleeding Heart (*Dicentra formosa*)

Relieves grief from death, divorce or break-ups, yet encourages ability to love others unconditionally and freely with an open heart. Provides emotional freedom based on fear, possessiveness or neediness, emotional co-dependence. Eases one's controlling nature.

### Bluebells (*Hyacinthoides non-scripta*)

Releases poor self-esteem, past hurts, disappointments, grudges, suspicion and resentment. Opens throat chakra to enable forgiving, speaking up and singing fully. Nurture your self-love, self-respect, strength and joy by realizing own beauty and that of other people through compassion for self and healing the negativity of the past.

### Borage (*Borago officinalis*)

If depressed, lacking in confidence, heavy hearted or grief stricken, this will build courage, hope and optimism.

### Bougainvillea (*Bougainvillea glabra*)

Helpful for adapting to challenges in life so one can release unwanted emotions, blockages and energies while moving into grace, beauty, peace, stillness and ease. Provides an opportunity for overcoming intolerance in order to feel protected, be accepting of differences and creating possibilities for inspiration and joy.

### Brodiaea (*Brodiaea minor*)

Bridges the intellect with the spiritual world while it opens the mind to understand our own place in infinity. Contradicts fear of the unknown; allows one to consider the vastness of self and the Universe. Brings clarity of intention on the spiritual path, regarding one's "destiny" or vocational calling.

### Canna Lily (Red) (*Canna indica*)

Fosters awareness of being supported by the laws of the Universe by unifying wisdom, clarity of emotions, spontaneity in our thoughts and actions; enables increased self-expression and communication with large groups. Balances male and female aspects of self and raises vitality and strength in the etheric body.

### Clary Sage (*Salvia sclarea*)

Assists clearly envisioning what you want for your life, the next step or a project. Supports clearly receiving psychic impressions and interpreting them through the brain and heart into seeing, hearing, sensing or knowing.

### Columbine (*Aquilegia Formosa*)

Used when one hesitates to express oneself and has an inability to take risks. Also a mid-life crisis "reboot" of soul forces for new way of being. Becomes a source of luminosity as it embodies the radiant expression of one's unique creativity, individuality and inspiration through inspired acting and speaking in the world.

### Daphne (*Daphne odora*)

Building connection to the signs in nature, the spirit world and the ability to recognize and interpret omens, messages and signs in daily life. Developing perception beyond the observable physical reality, such as other dimensions or auras.

### Feverfew (*Tanacetum parthenium*)

Releases repressed/stuffed/outdated emotions, thoughts or viewpoints and unwinds the energetic blocks around these. Unwinds mental confusion and headaches related to such. Updates our physical and energetic bodies to bring in fresh and freeing energies. Helps us to move up the energetic scale; raises energies stuck at the 1st chakra.

### Forget Me Not (*Myosotis*)

Encourages self-confidence and clarity yet also eases isolation and loneliness. Advances spiritual development. Builds connection to higher self and to spiritual connections to others in this life and in past lives through dreams and memories by remembering one's karmic relationship with others for deeper and fuller soul-based relationships. Opens 3<sup>rd</sup> eye and the heart to allow the release of fear and pain held deep in the subconscious.

### Gilia-miniature (*Ipomopsis aggregata*)

Builds courage to penetrate or overcome fear or frustration when in limbo or from lack of security, or perceived limitations.

### Hollyhock (*Althaea rosea*)

Opens and releases barriers of heart chakra with tenderness for growth process. Promotes hope where one may feel held back, repressed. Offers inspiration to continue, especially when one considers the journey too difficult.

## Indian Paintbrush (*Castilleja spp.*)

Bring in Lively, energetic creativity, and exuberant artistic activity. Overcome low vitality, exhaustion and inability to sustain the intensity of creative work or bring about creative forces into physical expression.

## Jasmine (*Jasminum spp.*)

Develops self-worth, mental clarity, and interest in spiritual matters. Sparks the heart chakra and improves low self-esteem.

## Lavender (*Lavendula angustifolia*)

Feeling nervous or high strung, over stimulated, or have insomnia? Get relief; heighten your spiritual sensitivity while increasing your stamina and bodily health.

## Lupine (*Lupinus spp.*)

Come out of Depression into Joy! Feed your spirit and soul to transform and expands intuition in higher guidance, especially understanding long-range effects of short-term actions. Develops insight, especially in regards to furthering of the human species. Enhances the experience of service, unfolding consciousness and potential.

## Mullein (*Verbascum thapsus*)

If you are unable to hear your inner voice, are confused, indecisive, have moral weakness or prone to lying to yourself or others. Stop! Try this so you can grow a stronger sense of inner conscience, truthfulness, and uprightness.

## Passionflower (*Passiflora spp.*)

Growth in compassion, visionary states of being, and connectivity with the one's spirit and the divine. Letting go of emotional confusion to feel peace and joy.

## Plum (*Prunus spp.*)

Feel appreciative of life. Open and expand the five physical senses as well as the spiritual realm.

## Pride of Madeira (*Echium spp.*)

Overcome fear of failure, inadequacy and frustration. Builds connectivity to world around you while amplifying your charisma, creative expression, unique qualities and gifts that need to be shared.

## Ranger Buttons (*Sphenosciandium capitellum*)

Honor higher truth for a sense of personal direction from within a context of forgiveness and self-forgiveness. Has assertive, but not compromising energy to move forward from truth of experience while recognizing old mistakes and imbalances.

## Rose (*Rosas spp.*)

By opening the heart chakra, it heals grief through unconditional love, inner peace, balance and unity.

## Rose Geranium (*Pelargonium capitatum*)

Enhances your sensual delight to perceive and enjoy stimuli on many levels. Dissolves boundaries of the physical senses so we may enjoy the experience of being in our bodies. Enables our ability to bear and survive harsh, unpleasant situations.

## Sage (*Salvia officinalis*)

Cultivates wisdom derived from life experience; increases ability to assess and understand life process from a higher perspective. Used when we see life as ill fated or undeserved or we are unable to perceive our higher purpose and/or the deeper meaning of events in our life.

## Salvia (*Salvia spp.*)

Restores emotional stability during times of emotional difficulty and provides a spiritual road map in order to choose a "sage" path in life.

## Spearmint (*Mentha spicata*)

Uplifting, especially for those who keep to themselves, may have unhealed trauma or unresolved feelings. Increases the energy of the major chakras, strengthening one's protective aura. Used for studying and exploring fresh ways of thinking.

## Trumpet Vine Flower (*Campsis radicans*)

Dynamic self-expression as you feel your heart's calling echo from the farthest reaches to elevate to a higher perspective, and feel your soul's calling take flight. Surrounded by an abundance of joyful possibilities, open to trust to speak with greater expressiveness. Overcome shyness, intimidation or anxiety with no fear judgment or others' perception of you. Use for increasing assertiveness, to speak clearly or for speech impediments.

## Valerian (*Valeriana officinalis*)

Brings harmony into one's life as it reveals how alignment with one's purpose, duty and willingness to serve creates a radiant and balanced life. Assists one in discovering the truth in situations and organize thoughts into more useful patterns. Soothes nerves, irritabilities and physical healing for injuries while enhancing vitality. Provides mental balance in stressful or traumatic experiences.

## Wisteria (*Wisteria sinensis*)

Sensuality, sexuality and intimacy for both women and men are enhanced by this feminine essence. Gentle and harmonizing, it brings peace and stillness for inner wisdom. It symbolizes love, grace, endurance, longevity, creative expansion and overcoming hardships.

## Wood Betony (*Stachys officinalis*)

Widely used for anxiety disorders, delusional or paranoid states for its Grounding, centering, calming energy. It provides a sense of physical and emotional well being, mental clarity and focus at the gut level.

## Yarrow (*Achillea millefolium*)

Strengthens energetic, physical, emotional, energetic and spiritual boundaries, protects against extreme vulnerability to emotional energy, negative or stressful situations and to the environment; protects against being easily depleted, overly absorbent of negative influences, and psychic toxicity. Recommended for empaths, healing professionals, and folks with autism, ADD or ADHD. Note: White yarrow (general protection), pink (protects heart) and golden (communication, overcoming shyness or hiding behind a mask).

## Yerba Santa (*Eriodictyon californicum*)

Recommended when one feels pressure, pain or constriction in chest due to unresolved grief. Opens the heart and lungs to allow one to breathe harmoniously while building the capacity to feel the full range of human emotions, especially grief, pain, melancholy and deeply repressed emotions.

**Our collective provides healing services and education through intuitive and therapeutic massage, reiki, pregnancy, birthing guidance, YEWAS: Rites of Passage for girls, herbal consultations, movement, meditation and nutrition. We also host local and International Indigenous Healers and volunteer for selected Bay Area community events. For Herbal Consultations contact Holly at: 415-235-6479 or [pinaymujer@gmail.com](mailto:pinaymujer@gmail.com). For all other services contact us at: [lunanuevawellness@gmail.com](mailto:lunanuevawellness@gmail.com)**



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