

Alaskan Flower Essence Project

Cross-Reference of Healing Qualities for the Alaskan Essences



by Steve Johnson

Healing Essences from the Heart of Nature®



Introduction

Following is a **Keyword** listing, organized according to the structure of our Practitioner Kits and Research Essences, and a **Cross-Reference of Healing Qualities** of all of the essences in our repertory, organized under various therapeutic topics. These topics were chosen to reflect current themes that are relevant to the Alaskan essences in particular, and to vibrational healing in general. Using these two sections together will give you the most complete picture of the healing qualities of each essence.

This information has been fully updated as of April 25th, 2013.

Keywords by Essence Name

Flower Essence Practitioner Kit

Alder—*Awareness, Clarity, Knowing, Observance, Perception, Sight, Vision*

Alpine Azalea—*Acceptance, Compassion, Energy, Forgiveness, Heart, Judgement, Love, Nature, Opening, Release, Vitality*

Balsam Poplar—*Abuse, Alignment, Animals/Animal Care, Balancing, Childbirth, Flow, Massage Therapy/Body Work, Premenstrual, Release, Sensuality/Sexuality, Stabilize, Strengthening, Synchronize*

Black Spruce—*Ancestral Healing, Attunement, Consciousness, Integration, Remembering, Wisdom*

Bladderwort—*Awareness, Certainty, Death & Dying, Discernment, Honesty, Insight, Seeing, Truth, Vision*

Blue Elf Viola—*Ancestral Healing, Anger, Centering, Death & Dying, Expression, Forgiveness, Frustration, Heart, Inner Child, Releasing, Resentment, Resolution*

Blueberry Pollen—*Abundance, Allowing, Attraction, Clutter Clearing, Gratitude, Limitation, Manifesting, Opening, Perception, Potential, Realize, Releasing, Renew*

Bog Blueberry—*Abundance, Acceptance, Attachment, Circulation, Clutter Clearing, Interaction, Limitation, Manifesting, Potential*

Bog Rosemary—*Accommodate, Belief, Death & Dying, Fear, Guidance, Intuit, Opening, Resistance, Strengthening, Support, Transcend, Trust*

Bunchberry—*Alignment, Attachment, Boundaries, Children, Clarity, Concentration, Confusion, Emergency, Focus, Patience, Releasing, Will*

Cassandra—*Attunement, Communication, Insight, Listening, Meditation, Realization, Stillness*

Cattail Pollen—*Alignment, Attraction, Communication, Courage, Death & Dying, Empowerment, Life-Purpose, Protection, Stability, Truth*

Chiming Bells—*Death & Dying, Depression, Earth Healing, Fear, Hope, Inspiration, Joy, Mother, Nourishment, Optimism, Peace, Receptivity, Regeneration, Renewal, Sadness, Space Clearing, Support, Transformation*

Columbine—*Abundance, Acceptance, Identity, Image, Individuality, Integrity, Radiance, Release, Self-Acceptance, Self-Appreciation, Strengthening*

Comandra—*Awareness, Communication, Focus, Gardening, Intuition, Nature, Opening, Perception, Sensitivity, Understanding, Vision*

Cotton Grass—*Abuse, Accidents, Ancestral Healing, Animals/Animal Care, Assimilation, Attachment, Children, Completion, Death & Dying, Dental Care, Earth Healing, Grief, Grounding, Inner Child, Perspective, Recovery, Regeneration, Regrowth, Release, Renewal, Restoration, Shock, Suffering, Surrendering, Trauma*

Cow Parsnip—*Belonging, Change, Connection, Grounding, Homeless, Peace, Transition, Travel*

Dandelion—*Agitation, Awareness, Communication, Ease, Flexibility, Integration, Massage Therapy/Body Work, Relaxation, Release, Resilience, Stress, Travel*

Fireweed—*Abuse, Alignment, Ancestral Healing, Animals/Animal Care, Balance, Cleansing, Earth Healing, Emergency, Energy, Etheric, Grounding, Loss, Overwhelmed, Recover, Regenerate, Rejuvenation, Release, Restoration, Revitalize, Shock, Transformation, Trauma*

Forget-Me-Not—*Fear, Guidance, Inner Child, Innocence, Joy, Presence, Releasing, Remembering, Respect, Spiritual, Unification*

Foxglove—*Cleansing, Compassion, Courage, Energy, Fear, Flow, Heart, Insight, Limitation, Love, Perception, Perspective, Releasing, Seeing*

Golden Corydalis—*Ancestral Healing, Assimilation, Clutter Clearing, Communication, Cooperation, Creativity, Focus, Integration, Overwhelmed, Synthesis*

Grass of Parnassus—*Completion, Energize, Environment, Light, Massage Therapy/Body Work, Meditation, Nourish, Purify, Recharge, Rejuvenate, Space Clearing*

Green Bells of Ireland—*Animals/Animal Care, Attunement, Awareness, Belonging, Birth, Bonding, Childbirth, Children, Communication, Connection, Grounding, Heart, Nature, Newborn*

Green Bog Orchid—*Awareness, Compassion, Devotion, Earth, Energy, Gardening, Harmony, Heart, Love, Non-Judgment, Open-Hearted, Perception, Presence, Releasing, Seeing*

Green Fairy Orchid—*Acceptance, Affinity, Balance, Embodiment, Energy, Harmony, Heart, Mastery, Oneness, Unification, Vision*

Grove Sandwort—*Animals/Animal Care, Awareness, Bonding, Childbirth, Children, Communication, Connection, Gardening, Inner Child, Mother, Newborn, Nourishment, Nurturing, Travel*

Hairy Butterwort—*Acceptance, Acknowledge, Authority, Change, Childbirth, Communication, Faith, Grace, Guidance, Higher Self, Listen, Peace, Support, Surrender, Transformation, Transition, Trust*

Harebell—*Allowing, Balance, Energy, Heart, Independence, Integrity, Limitation, Love, Perseverance, Resistance, Safety*

Horsetail—*Animals/Animal Care, Communication, Consciousness, Guidance, Meditation, Nature, Network, Resonance*

Icelandic Poppy—*Focus, Glow, Identity, Light, Opening, Radiance, Receptivity, Spiritual, Truth*

Jacob's Ladder—*Acceptance, Control, Discipline, Inspiration, Intention, Openness, Releasing, Stress, Surrender, Trust*

Labrador Tea—*Addictions, Balance, Centering, Death & Dying, Emergency, Energy, Exhaustion, Harmony, Overwhelmed, Perspective, Recovery, Stability, Stress, Trauma, Travel, Unity*

Lace Flower—*Abundance, Dignity, Grace, Individuality, Poise, Release, Self-Appreciation, Value*

Ladies' Tresses—*Alignment, Awareness, Childbirth, Children, Clarity, Death & Dying, Enthusiasm, Interest, Life-Purpose, Potential, Rebirth, Releasing, Shock, Transformation, Trauma*

Lady's Slipper—*Awareness, Balance, Circulation, Energy, Flow, Focus, Inner Child, Massage Therapy/Body Work, Opening, Regulate, Space Clearing*

Lamb's Quarters—*Balance, Flexible, Heart, Heart-Centered, Inspired, Integration, Intention, Intuitive, Open-Minded, Perspective, Surrendering*

Monkshood—*Animals/Animal Care, Awareness, Boundaries, Courage, Fear, Fearlessness, Guidance, Identity, Light, Oversensitive, Presence, Protection*

Moschatel—*Attunement, Celebrate, Co-Create, Communication, Cultivate, Exhaustion, Gardening, Harmonize, Intuition, Nurture, Opening, Perception, Play*

Mountain Wormwood—*Anger, Attachment, Compassion, Contentment, Death & Dying, Father, Forgiveness, Freedom, Peace, Relationships, Releasing, Resentment, Resolution, Surrender*

Northern Lady's Slipper—*Abuse, Animals/Animal Care, Belonging, Birth, Children, Feminine, Focus, Inner Child, Life-Purpose, Nurturing, Opening, Purpose, Resistance, Safety, Suffering, Trauma*

Northern Twayblade—*Attunement, Awareness, Focus, Heart, Integration, Nature, Perception, Seeing, Sensitivity, Sight*

One-Sided Wintergreen—*Attraction, Awareness, Boundaries, Clutter Clearing, Embodiment, Individuality, Life-Purpose, Protection, Resonance, Sensitivity, Truth*

Opium Poppy—*Balance, Exhaustion, Integration, Motivation, Peace, Perspective, Rest, Stillness, Wisdom*

Paper Birch—*Alignment, Anxiety, Awareness, Clarify, Commitment, Confidence, Continuity, Decision, Determination, Feminine, Honesty, Intention, Life-Purpose, Meditation, Motivation, Perspective*

Pineapple Weed—*Animals/Animal Care, Awareness, Children, Communication, Connection, Freedom, Grace, Harmony, Mothering, Newborn, Safe, Safety, Synchronized*

Prickly Wild Rose—*Apathy, Courage, Excitement, Hope, Hopelessness, Interest, Joy, Optimism, Restoration, Trust, Vulnerability, Wonder*

River Beauty—*Abuse, Agitation, Animals/Animal Care, Attachment, Calm, Completion, Earth Healing, Emergency, Grief, Joy, Loss, Premenstrual, Recovery, Regeneration, Renewal, Sadness, Shock, Suffering, Transformation, Trauma*

Round-Leaved Sundew—*Attachment, Change, Death & Dying, Detachment, Ego, Guidance, Higher Self, Perspective, Surrender, Trust, Vision, Will, Wisdom*

Shooting Star—*Alienation, Ambivalence, Balance, Belonging, Childbirth, Death & Dying, Embodiment, Guidance, Isolation, Life-Purpose, Meditation, Rebirth, Support*

Single Delight—*Awareness, Belonging, Connectedness, Depression, Isolation, Light, Network, Opening, Partnership, Perception, Vision*

Sitka Burnet—*Ancestral Healing, Cleansing, Completion, Comprehension, Continuity, Death & Dying, Freedom, Illumination, Release, Remembrance, Understanding*

Sitka Spruce Pollen—*Abuse, Balance, Balancing, Ego, Father, Feminine, Higher Self, Masculine, Mastery, Power, Responsibility, Strength, Unity, Wisdom*

Soapberry—*Abuse, Animals/Animal Care, Balancing, Children, Courage, Fear, Fearlessness, Harmony, Heart, Nature, Power, Release, Releasing, Respect, Responsibility*

Sphagnum Moss—*Abundance, Acceptance, Ancestral Healing, Compassion, Critical, Death & Dying, Emergence, Energy, Irritation, Judgement, Non-Judgement, Releasing, Seeing, Self-Acceptance, Self-Love, Support, Vision*

Spiraea—*Acceptance, Animals/Animal Care, Attachment, Awareness, Change, Childbirth, Death & Dying, Detachment, Gratitude, Nature, Nourishment, Nurturing, Openness, Resistance, Support, Transformation*

Sticky Geranium—*Activation, Childbirth, Clutter Clearing, Creativity, Efficiency, Energy, Enthusiasm, Focus, Intention, Lethargy, Limitation, Potential, Releasing, Space Clearing, Transformation*

Sunflower—*Acceptance, Authority, Balance, Energy, Father, Gardening, Identity, Light, Masculine, Opening, Potential, Power, Strength*

Sweetgale—*Abuse, Attachment, Clarity, Cleansing, Communication, Defensiveness, Frustration, Inner Child, Integration, Lethargy, Receptivity, Relationships, Release, Sensitivity, Sincerity*

Sweetgrass—*Animals/Animal Care, Benevolence, Blessings, Cleansing, Completion, Energy, Environment, Etheric, Exhaustion, Freedom, Meditation, Purification, Regeneration, Shock, Space Clearing*

Tamarack—*Ability, Awareness, Confidence, Determination, Identity, Individuality, Knowing, Release, Self-Esteem*

Tundra Rose—*Apathy, Communication, Confidence, Courage, Death & Dying, Devotion, Fear, Higher Self, Hope, Hopelessness, Inspiration, Joy, Love, Motivation, Opening, Public Speaking, Restoration, Trust*

Tundra Twayblade—*Abuse, Animals/Animal Care, Confusion, Energy, Freedom, Heart, Kindness, Light, Love, Release, Sadness, Shock, Suffering*

Twinflor—*Balance, Balancing, Clarity, Communication, Critical, Defensiveness, Devotion, Heart, Listening, Neutrality, Objectivity, Overwhelmed, Presence, Public Speaking, Relationships*

White Fireweed—*Abuse, Alienation, Animals/Animal Care, Ascension, Completion, Dental Care, Earth Healing, Fulfillment, Grief, Premenstrual, Recovery, Release, Resolution, Sensuality/Sexuality, Shock, Suffering, Trauma*

White Spruce—*Attunement, Balance, Balancing, Consciousness, Integration, Remembering, Unification, Wholeness, Wisdom*

White Violet—*Boundaries, Children, Comfort, Communication, Higher Self, Newborn, Oversensitive, Protection, Public Speaking, Receptivity, Safety, Security, Sensitivity, Trust, Vulnerability*

Wild Iris—*Creativity, Flow, Focus, Frustration, Inspiration, Manifesting, Potential, Self-Appreciation, Sharing*

Wild Rhubarb—*Balance, Cleansing, Communication, Flexibility, Heart, Knowing, Receptivity, Resilience, Stress, Trust*

Willow—*Creativity, Flexibility, Joy, Manifesting, Releasing, Resilience, Resistance, Responsibility, Tenacity, Yielding*

Yarrow—*Boundaries, Children, Environment, Integrity, Light, Massage Therapy/Body Work, Newborn, Oversensitive, Overwhelmed, Protection, Security, Sensitivity, Strengthening, Vulnerability*

Yellow Dryas—*Ancestral Healing, Change, Connectivity, Courage, Family, Identity, Individuality, Soul, Support, Vision*

Research Flower Essences

Alaska Violet—*Belonging, Homeless, Joy, Protection*

Alpine Arnica—*Alignment, Calm, Forgiveness, Realignment, Release, Relief, Suffering*

Angelica—*Abandonment, Childbirth, Children, Death & Dying, Fear, Love, Opening, Protection, Receptivity, Support*

Bleeding Heart—*Abandonment, Alienation, Compassion, Devotion, Forgiveness, Freedom, Heart, Joy, Loss, Suffering*

Blue Poppy—*Alignment, Balance, Balancing, Feminine, Masculine, Sensuality/Sexuality*

Bog Candle—*Critical, Death & Dying, Peace, Rebirthing, Releasing, Transformation*

Chocolate Lily—*Awareness, Centering, Energy, Rejuvenation*

Cloudberry—*Empowered/Empowerment, Innocence, Purity, Self-Esteem, Vision*

Club Moss—*Ambivalence, Birth, Embodiment, Grounding, Manifest, Stabilize*

Comfrey—*Accidents, Completion, Earth Healing, Etheric, Massage Therapy/Body Work, Recovery, Regeneration*

Crowberry—*Ambivalence, Balancing, Grounding, Perception*

Devil's Club—*Ambivalence, Boundaries, Children, Clutter Clearing, Grounding, Harmony, Protection, Safety, Vulnerability*

Dwarf Fireweed—*Completion, Inner Child, Recovery, Transformation*

Enchanter's Nightshade—*Balancing, Fear, Light, Safety*

Fairy Slipper—*Abuse, Father, Fear, Feminine, Individuality, Masculine, Potential, Power, Public Speaking, Wisdom*

False Hellebore—*Fear, Release, Transformation, Truth*

Goatsbeard—*Anxiety, Creativity, Inspiration, Joy, Manifesting, Optimism, Power*

Ladies' Mantle—*Abuse, Childbirth, Empowered/Empowerment, Feminine, Grief, Loss, Power, Pre-Menstrual, Sadness, Sensuality/Sexuality, Suffering*

Lapland Rosebay—*Awareness, Perspective, Seeing, Wisdom*

Lavender Yarrow—*Children, Environment, Massage Therapy/Body Work, Protection, Sensitivity, Vulnerability*

Lilac—*Alignment, Grace, Spiritual, Support*

Nootka Lupine—*Accidents, Ancestral Healing, Karma, Transformation*

Northern Coral Root—*Addictions, Belonging, Cleansing, Clutter Clearing, Communication, Detoxification, Purification, Space Clearing*

Northern Green Orchid—*Empowered/Empowerment, Heart, Life-Purpose, Power*

Pale Corydalis—*Abandonment, Commitment, Relationships, Spiritual*

Pasque Flower—*Alienation, Boundaries, Individuality, Intimacy, Oversensitive, Protection, Security, Sensitivity, Sensuality/Sexuality, Vulnerability*

Potato—*Flexibility, Massage Therapy/Body Work, Release, Resilience*

Purple Poppy—*Anxiety, Balance, Exhaustion, Integration, Perseverance*

Red Elder—*Anxiety, Balancing, Centering, Perspective*

Red-Purple Poppy—*Balancing, Energy, Integration, Spiritual*

Reindeer Moss—*Abandonment, Acceptance, Alienation, Ancestral Healing, Belonging, Earth Healing, Grief, Loss, Space Clearing, Suffering*

Round-Leaf Orchid—*Agitation, Balance, Centering, Heart*

Self-Heal—*Accidents, Belief, Commitment, Confidence, Recovery*

Star Gentian—*Balance, Commitment, Devotion, Masculine, Service*

Starflower—*Abundance, Alienation, Belonging, Childbirth, Children, Confidence, Innocence, Purity, Sharing*

Stinging Nettle—*Abandonment, Alienation, Anxiety, Critical, Defensiveness, Integration, Irritation, Oversensitive, Overwhelmed, Sensitive*

Valerian—*Agitation, Anger, Anxiety, Release*

White Lupine—*Addictions, Ancestral Healing, Attachment, Releasing*

Wild Sweet Pea—*Confidence, Courage, Creativity, Homeless, Isolation, Open*

Yellow Paintbrush—*Creativity, Frustration, Heart, Potential*

Yellow Violet—*Balance, Communication, Confidence, Defensiveness, Fear, Public Speaking, Self-Expression*

Gem Elixir Kit

Aquamarine—*Agitation, Anxiety, Clarity, Impatience, Listening, Meditation, Stress*

Aventurine—*Courage, Fear, Grace, Heart, Support*

Azurite—*Balance, Clarity, Communication, Grounding*

Black Tourmaline—*Abuse, Detoxification, Environment, Grounding, Oversensitive, Overwhelmed, Purification, Space Clearing, Travel*

Bloodstone—*Balancing, Cleansing, Communication, Energizing, Grounding, Lethargy, Pre-Menstrual, Resistance, Sensitivity, Space Clearing*

Brazilian Amethyst—*Attunement, Change, Higher Self, Masculine, Receptivity, Regeneration, Spiritual*

Brazilian Quartz—*Alignment, Communication, Flying, Grounding, Harmony, Space Clearing, Travel*

Carnelian—*Addictions, Cleansing, Creativity, Energy, Exhaustion, Identity*

Chrysocolla—*Energy, Flexibility, Grief, Heart, Intimacy, Limitation, Love, Resilience, Strengthening, Travel*

Chrysoprase—*Alienation, Ambivalence, Harmony, Heart, Nature, Strengthening*

Citrine—*Clarity, Confusion, Decision, Emergency, Father, Focus, Grounding, Harmony, Intention, Truth*

Covellite—*Boundaries, Emergency, Intimacy, Newborn, Oversensitive, Overwhelmed, Protection, Receptivity, Sensitivity, Space Clearing*

Diamond—*Alignment, Clarity, Guidance, Harmony, Higher Self, Intention, Life-Purpose, Truth, Will*

Emerald—*Awareness, Belonging, Cleansing, Energy, Feminine, Heart, Homeless, Inner Child, Limitation, Love, Mother, Nurturing, Space Clearing, Strengthening, Trauma*

Fluorite—*Cleansing, Energy, Etheric, Exhaustion, Massage Therapy/Body Work, Purification, Releasing, Shock, Space Clearing*

Fluorite Combo—*Cleansing, Etheric, Focus, Massage Therapy/Body Work, Purification, Regeneration, Synchronization*

Gold—*Abundance, Creativity, Empowered/Empowerment, Higher Self, Identity, Joy, Manifesting, Power, Self-Esteem*

Green Jasper—*Alienation, Ambivalence, Balance, Exhaustion, Feminine, Grace, Overwork, Pre-Menstrual, Sensuality/Sexuality, Strengthening, Synchronization, Travel*

Hematite—*Ancestral Healing, Boundaries, Centering, Communications, Emergency, Empowered/Empowerment, Identity, Oversensitive, Overwhelmed, Protection, Space Clearing, Vulnerability*

Herkimer Diamond—*Children, Clarity, Confusion, Light, Perception, Seeing, Vision*

Jadeite Jade—*Acceptance, Agitation, Centering, Patience, Peace, Trauma*

Kunzite—*Awareness, Communication, Heart, Love, Opening, Receptivity, Regeneration, Space Clearing, Strengthening, Support*

Lapis Lazuli—*Communication, Listening, Opening, Overwhelmed*

Malachite—*Alignment, Grounding, Harmony, Synchronization, Unification*

Moldavite—*Grounding, Guidance, Higher Self, Isolation, Perspective*

Montana Rhodochrosite—*Cleansing, Confusion, Heart, Intimacy, Love, Shock*

Moonstone—*Completion, Intuition, Lethargy, Pre-Menstrual, Receptivity, Sensitivity, Strengthening*

Opal—*Addiction, Animals/Animal Care, Creativity, Energy, Etheric, Exhaustion, Light, Recovery, Regeneration, Rejuvenation*

Orange Calcite—*Balancing, Creativity, Depression, Energy, Gardening, Joy, Lethargy, Light, Sadness, Space Clearing*

Pearl—*Acceptance, Ancestral Healing, Compassion, Critical, Irritation, Judgement, Massage Therapy/Body Work, Resilience, Suffering*

Peridot—*Animals/Animal Care, Childbirth, Children, Fear, Gardening, Newborn, Protection, Rebirthing, Space Clearing, Support*

Pyrite—*Ancestral Healing, Empowered/Empowerment, Honesty, Self-Esteem, Trust, Truth*

Rhodochrosite—*Abuse, Cleansing, Energy, Fear, Heart, Intimacy, Shock, Strengthening*

Rhodolite Garnet—*Animals/Animal Care, Completion, Earth Healing, Energy, Etheric, Grounding, Massage Therapy/Body Work, Recovery, Regeneration, Shock, Trauma*

Rose Quartz—*Confusion, Energy, Heart, Inner Child, Intimacy, Nurturing, Strengthening, Trauma*

Ruby—*Alignment, Ambivalence, Balancing, Cleansing, Exhaustion, Grounding, Regeneration*

Rutilated Quartz—*Alignment, Attunement, Communication, Focus, Grounding, Integration, Opening, Overwhelmed*

Sapphire—*Alignment, Commitment, Confidence, Devotion, Guidance, Isolation, Life-Purpose, Responsibility, Transformation*

Sapphire/Ruby—*Alignment, Balance, Devotion, Grounding, Life-Purpose, Transformation*

Scepter Amethyst—*Authority, Awareness, Change, Commitment, Communication, Higher Self, Identity, Receptivity, Spiritual, Trust*

Smoky Quartz—*Cleansing, Detoxification, Flying, Harmony, Massage Therapy/Body Work, Synchronization, Travel*

Spectrolite—*Creativity, Etheric, Exhaustion, Light, Optimism, Perspective, Rejuvenation*

Star Sapphire—*Alignment, Commitment, Guidance, Life-Purpose, Responsibility, Transformation, Trust*

Sugilite—*Awareness, Communication, Feminine, Spiritual*

Tiger's Eye—*Anger, Boundaries, Centering, Emergency, Empowered/Empowerment, Identity, Oversensitive, Self-Esteem, Strengthening, Vulnerability*

Topaz—*Addictions, Alignment, Awareness, Honesty, Identity, Individuality, Self-Esteem*

Turquoise—*Consciousness, Gratitude, Relationships, Wisdom*

Watermelon Tourmaline—*Balance, Balancing, Feminine, Heart, Love, Masculine*

Research Gem Elixirs

Amazonite—*Cleansing, Communication, Feminine, Heart*

Amber—*Alignment, Energy, Flexibility, Light*

Apophyllite—*Balance, Communication, Heart, Opening*

Aragonite—*Boundaries, Energy, Grounding, Release*

Black Tourmaline/Master Quartz—*Balancing, Detoxification, Grounding, Purification*

Blue Green Tourmaline—*Alignment, Attunement, Empowered/Empowerment, Heart, Peace*

Blue Topaz—*Agitation, Anxiety, Clarity, Stress*

Celestite—*Alignment, Heart, Judgment, Peace, Sadness, Vision*

Cinnabar—*Ancestral Healing, Cleansing, Loss, Release, Sadness, Suffering*

Diopside—*Alienation, Critical, Grief, Releasing*

Fire Opal—*Awareness, Creativity, Energy, Exhaustion, Lethargy, Recovery*

Green Garnet—*Agitation, Communication, Grounding, Nature*

Green Tourmaline—*Heart, Nature, Perception, Vision*

Green Tourmaline/Smoky Quartz—*Creativity, Grounding, Heart, Release*

Labradorite—*Energy, Etheric, Exhaustion, Light, Rejuvenation*

Larimar—*Feminine, Nurturing, Protection, Safety*

Mangano Calcite—*Childbirth, Children, Compassion, Heart, Intimacy, Protection, Safety*

Pink Quartz—*Compassion, Heart, Releasing, Sadness, Suffering*

Rainbow Hematite—*Clarity, Cords, Grounding, Judgement, Perception, Resilience, Vision*

Raspberry Rutile—*Alienation, Alignment, Grounding, Shock, Trauma*

Red Quartz—*Awareness, Grounding, Protection, Security*

Rose/Smoky Quartz—*Acceptance, Cleansing, Heart, Rebirthing, Releasing*

Rutile—*Alignment, Co-Creation, Flow, Orientation*

Silver—*Alignment, Dental Care, Detoxification, Harmony, Space Clearing, Will*

Star Ruby—*Awareness, Children, Energy, Focus, Grounding, Learning*

Tourmalated Quartz—*Cleansing, Clutter Clearing, Detoxification, Massage Therapy/Body Work, Purification, Space Clearing*

Vanadinite—*Energy, Light, Regeneration, Transformation*

Vesuvianite—*Alignment, Confidence, Grounding, Support*

Environmental Essences

Chalice Well—*Awareness, Children, Grounding, Hope, Hopelessness, Peace, Space Clearing, Support, Truth*

Full Moon Reflection—*Emergence, Honesty, Light, Relationships*

Glacier River—*Attachment, Change, Grounding, Releasing, Resistance, Transformation*

Greenland Icecap—*Attachment, Change, Cleansing, Focus, Overwhelmed, Releasing, Resistance, Surrendering, Transformation*

Liard Hot Springs—*Ancestral Healing, Creativity, Inner Child, Innocence, Purity, Rejuvenation, Remembering*

Northern Lights—*Ancestral Healing, Cleansing, Creativity, Heart, Light, Release, Transformation*

Polar Ice—*Agitation, Change, Completion, Impatience, Meditation, Patience, Purity, Surrendering, Transition*

Portage Glacier—*Cleansing, Detoxification, Environment, Etheric, Purification, Rejuvenation, Releasing, Space Clearing, Transformation*

Rock Spring—*Awareness, Hope, Hopelessness, Inspiration, Manifesting, Optimism, Patience, Support, Transition, Trust*

Solstice Sun—*Depression, Energy, Father, Flow, Gardening, Integration, Light, Masculine, Opening*

Stone Circle—*Boundaries, Creativity, Energy, Flying, Protection, Receptivity, Security, Vulnerability*

Tidal Forces—*Acceptance, Agitation, Balancing, Change, Grief, Loss, Overwhelmed, Premenstrual, Resilience, Sadness, Space Clearing, Transformation*

Research Environmental Essences

Augustine Volcano—*Change, Hope/Hopelessness, Lethargy, Releasing, Surrendering*

Bog—*Creativity, Joy, Manifestation, Mother, Potential*

Gigha Quartz—*Alignment, Grounding, Power, Wisdom*

Redoubt Volcano—*Anxiety, Change, Fear, Resistance, Surrendering*

Solar Eclipse—*Feminine, Harmony, Masculine, Mother, Power*

Typhoon—*Clutter Clearing, Intention, Purification, Space Clearing*

Winter In August—*Clutter Clearing, Identity, Intention, Peace, Releasing*

Combination Formulas

Animal Care—*Agitation, Animals/Animal Care, Newborn, Shock, Trauma*

Beyond Words—*Clarity, Communication, Defensiveness, Heart, Honesty, Listening, Public Speaking*

Calling All Angels—*Children, Energy, Hope/Hopelessness, Inner Child, Joy, Love, Space Clearing*

Easy Learning—*Children, Clarity, Confusion, Focus, Inspiration, Integration*

Fireweed Combo—*Change, Dental Care, Emergency, Grounding, Joy, Transformation*

Go-Create—*Abundance, Ancestral Healing, Creativity, Manifesting*

Guardian—*Boundaries, Children, Clutter Clearing, Death & Dying, Environment, Newborn, Oversensitive, Overwhelmed, Protection, Security, Sensitivity, Space Clearing, Vulnerability*

Lighten Up—*Depression, Energy, Lethargy, Light, Rejuvenation, Space Clearing*

Pregnancy Support—*Ambivalence, Animals/Animal Care, Childbirth, Harmony, Mother, Nurturing, Potential*

Purification—*Ancestral Healing, Cleansing, Clutter Clearing, Detoxification, Environment, Etheric, Meditation, Purification, Rebirthing, Release, Releasing, Space Clearing*

Soul Support—*Abuse, Accidents, Agitation, Animals/Animal Care, Children, Death & Dying, Dental Care, Fear, Flying, Gardening, Recovery, Restoration, Shock, Stress, Transformation, Trauma*

Travel Ease—*Boundaries, Detoxification, Fear, Flying, Harmony, Travel*

Cross-Reference of Healing Qualities

Abandonment

for the fear of being abandoned—*Angelica, Stinging Nettle*
having to abandon one's home or country—*Reindeer Moss*
healing abandonment in relationships—*Bleeding Heart, Pale Corydalis*

Abundance

releasing mental blocks to the experience of abundance on all levels—*Blueberry Pollen*
unconditional acceptance of abundance—*Bog Blueberry*

Abuse

healing and releasing the effects of abuse on the body—*Cotton Grass, Northern Lady's Slipper, Rhodochrosite, Soul Support*
healing from the abuse of power—*Fairy Slipper, Ladies' Mantle, Sitka Spruce Pollen, Soapberry*
healing the impact of sexual abuse—*Balsam Poplar, Cotton Grass, River Beauty, White Fireweed*
recovering from experiences of emotional abuse—*River Beauty, Sweetgale*
releasing the cellular impact of abuse—*Black Tourmaline, Tundra Twayblade, White Fireweed*

Acceptance

of loss—*Reindeer Moss*
of one's power to heal oneself—*Self-Heal*
of one's unique and personal beauty—*Columbine*
of support, regardless of the form it appears in—*Spiraea*
of the impulses of spirit—*Jacob's Ladder*
of the oneness of all creation—*Green Fairy Orchid*
of the totality of oneself, without conditions—*Alpine Azalea*
of what is in the present moment—*Jadeite Jade, Tidal Forces*
turning self-judgment into acceptance—*Pearl, Sphagnum Moss*

Accidents

immediate healing from—*Comfrey, Self-Heal, Soul Support*
understanding why they happen—*Cotton Grass, Nootka Lupine*

Addictions

addicted to helping others in return for their energy—*Carnelian*
helps one tap into appropriate sources of energy—*Opal, Topaz*
letting go of—*Labrador Tea*
understanding and healing family patterns of addictions—*Nootka Lupine, Northern Coral Root, White Lupine*

Agitation

calms agitation in animals—*Animal Care*
calms emotional agitation—*Dandelion, River Beauty, Soul Support, Tidal Forces*
calms mental agitation—*Aquamarine, Blue Topaz, Jadeite Jade, Polar Ice, Round-Leaf Orchid, Valerian*
calms physical agitation—*Green Garnet*

Alienation

from the body—*Diopside, Green Jasper, Raspberry Rutilite, White Fireweed*
from the planet—*Chrysoprase, Reindeer Moss, Shooting Star*
heals a sense of alienation from others—*Bleeding Heart, Pasque Flower, Starflower, Stinging Nettle*

Alignment

between physical, emotional, mental, and spiritual levels—*Alpine Arnica, Malachite*
 between the male and female energies in our body—*Blue Poppy*
 deep realignment with one's highest purpose in life—*Ladies' Tresses*
 restores alignment between the spiritual and physical bodies—*Alpine Arnica*
 strengthens central vertical alignment—*Rutile*
 with the power of one's personal truth—*Cattail Pollen*
 with Universal sources of energy and information—*Rutilated Quartz, Silver, Topaz*

Ambivalence

about being in a physical body—*Crowberry, Devil's Club, Green Jasper, Ladies' Tresses, Pregnancy Support, Ruby, Shooting Star*
 about being on the planet—*Chrysoprase, Club Moss, Pregnancy Support, Shooting Star*

Ancestral Healing

clearing ancestral patterns—*Cinnabar, Cotton Grass, Fireweed, Liard Hot Springs, Nootka Lupine, Northern Lights, Purification*
 for establishing and strengthening boundaries—*Hematite, Pyrite*
 for healing ancestral patterns that are blocking our ability to receive—*Go-Create*
 for non-judgement and acceptance of what we inherited—*Pearl, Reindeer Moss, Sphagnum Moss*
 for processing inherited anger—*Blue Elf Viola*
 for understanding the origins of our family patterns—*Black Spruce, Nootka Lupine, Sitka Burnet, White Lupine*
 opening to the positive support of our ancestors—*Golden Corydalis, Yellow Dryas*

Anger

helps one calm down after being angry—*Valerian*
 maintaining a strong sense of self when dealing with anger—*Tiger's Eye*
 resolving old anger—*Mountain Wormwood*
 understanding and releasing anger through the heart—*Blue Elf Viola*

Animals/Animal Care

for treating rescued animals—*Animal Care*
 helps animals (and humans) release their fear of other animals—*Bog Rosemary, Monkshood, Soapberry*
 helps establish a nurturing bond between mothers and their offspring—*Grove Sandwort, Pineapple Weed, Pregnancy Support*
 helps humans and animals communicate better with each other—*Horsetail*
 supports the healing process after surgery—*Cotton Grass, Northern Lady's Slipper, Opal, Rhodolite Garnet*
 treating shock and trauma in animals—*Animal Care, Fireweed, River Beauty, Soul Support, Sweetgrass, White Fireweed*

Anxiety

calms mental anxiety—*Aquamarine, Blue Topaz, Goatsbeard, Valerian*
 from being overwhelmed—*Paper Birch, Purple Poppy, Red Elder, Stinging Nettle*
 soothes anxiety as we confront change—*Redoubt Volcano*

Apathy/Apathetic

closed down, disinterested in life—*Prickly Wild Rose*
 lack of inspiration or motivation—*Tundra Rose*

Attachment

for attachment to distraction—*Bunchberry*
letting go of attachment to old wounds and grievances—*Cotton Grass, White Lupine*
letting go of attachment to the form of what has been—*Bog Blueberry, Glacier River, Greenland Icecap*
letting go of inappropriate emotional attachment to others—*Mountain Wormwood*
releasing attachment to old emotions—*River Beauty*
releasing attachment to pain—*Cotton Grass*
releasing attachment to the form our support must take before we are willing to accept it—*Spiraea*
releasing inappropriate attachment to the ego—*Round-Leaved Sundew*

Attunement

focusing and refining our attunement to the heart of the Earth—*Green Bog Orchid*
helps one access, focus, and synthesize information during an attunement—*Rutilated Quartz*
to the collective consciousness of the planet—*Black Spruce*
to the intelligence existing in nature—*Green Bells of Ireland*
to the needs of the plant kingdom—*Moschatel*
to the sounds and energies present in nature—*Cassandra*
to the wisdom of the higher self—*Blue Green Tourmaline, Brazilian Amethyst, White Spruce*
to very subtle levels of physical manifestation—*Northern Twayblade*

Authority

helps one accept the authority of the higher self—*Hairy Butterwort, Jacob's Ladder, Sunflower*
helps one establish a new core of spiritual authority—*Scepter Amethyst*

Awareness

clearing and focusing awareness to deepen our connection with nature—*Comandra, Green Bog Orchid, Northern Twayblade*
of emotional tension held in the muscle tissues of the body—*Dandelion*
of how our energy affects others—*One-Sided Wintergreen, Red Quartz*
of illusion—*Bladderwort*
of information from beyond our normal range of perception—*Alder, Lapland Rosebay*
of one's Divine identity—*Monkshood, Scepter Amethyst, Sugelite*
of one's life purpose—*Ladies' Tresses, Paper Birch*
of one's true self—*Tamarack, Topaz*
of our highest spiritual potential—*Scepter Amethyst*
of subtle energy flows in and around the body—*Lady's Slipper*
of support and guidance from higher realms—*Chalice Well, Hairy Butterwort, Kunzite*
of the omnipresence of light—*Single Delight*
of the source of one's vitality—*Chocolate Lily, Fire Opal*
of the support and nurturing that is available from nature—*Emerald, Grove Sandwort, Pineapple Weed, Rock Spring, Spiraea*
of what is in the present moment—*Star Ruby*

Balance

balancing the relationship between the 1st and 7th chakras—*Black Tourmaline/Master Quartz*
between giving and receiving love—*Harebell, Watermelon Tourmaline*
between the celestial and the physical—*Sapphire/Ruby, Shooting Star*
between the heart and the mind—*Apophyllite, Lamb's Quarters, Wild Rhubarb*
in communication—*Azurite, Twinflower, Yellow Violet*
in the expression of the masculine, in men and women—*Sunflower*

Balance (cont.)

maintaining balance during times of rapid transformation—*Fireweed Combo, Purple Poppy, Round-Leaf Orchid*
 of logic and intuition—*White Spruce*
 of masculine and feminine expressions of power—*Blue Poppy, Sitka Spruce Pollen, Star Gentian*

Balancing

activity and rest—*Opium Poppy*
 expansion and contraction—*Enchanter's Nightshade, Red Elder*
 extreme states of energy—*Crowberry, Red-Purple Poppy*
 intuition, thought, and emotion in the present moment—*White Spruce*
 light and dark—*Crowberry, Orange Calcite*
 listening and speaking—*Twinflower*
 lower chakra energies—*Bloodstone, Green Jasper, Ruby*
 magnetic and dynamic—*Watermelon Tourmaline*
 male and female energies in the heart—*Green Fairy Orchid*
 one's personal power with the power of nature—*Soapberry*
 overly emotionalized, fiery states of being—*Tidal Forces*
 power and gentleness—*Sitka Spruce Pollen*
 sexual energy in the body—*Balsam Poplar*

Belonging

helps one feel welcome in a family or group—*Alaska Violet, Single Delight, Starflower*
 in a new neighborhood or country—*Cow Parsnip, Reindeer Moss, Shooting Star*

Boundaries

creating and maintaining clear boundaries for healing work—*Aragonite, Guardian*
 creating boundaries in alignment with one's highest truth—*One-Sided Wintergreen, Pasque Flower*
 creating functional boundaries through Divine trust and a strong connection with one's higher self—*Monkshead, White Violet*
 giving strength and definition to the energy field—*Covellite, Devil's Club, Guardian, Stone Circle, Yarrow*
 maintaining strong boundaries when confined in small spaces, such as on an airplane—*Pasque Flower, Travel Ease, White Violet*
 strengthening the boundary between the emotional and mental bodies—*Bunchberry, Hematite, Tiger's Eye*

Centering

awareness of how everything is connected to our center—*Chocolate Lily, Jadeite Jade*
 for emotional centering—*Blue Elf Viola, Hematite, Tiger's Eye*
 helps one maintain their center during intense experiences—*Jadeite Jade, Labrador Tea, Red Elder, Round-Leaf Orchid*

Change

for maintaining one's family identity through profound cycles of change—*Yellow Dryas*
 for understanding the deeper meaning of earth changes—*Augustine Volcano*
 helps us let go of our resistance to change—*Glacier River, Redoubt Volcano, Round-Leaved Sundew*
 impatient with the pace of change—*Polar Ice*
 strengthens and stabilizes the body so it is better able to cope with change—*Cow Parsnip, Fireweed Combo*
 support for deep inner change—*Greenland Icecap, Spiraea, Tidal Forces*
 support for moving through change without creating crisis—*Hairy Butterwort*

Childbirth

helping the newborn feel safe and welcome on the Earth—*Angelica, Club Moss, Green Bells of Ireland, Mangano Calcite, Shooting Star*
release of pelvic tension during childbirth—*Balsam Poplar*
release of trauma from the birth experience, regardless of one's present age—*Ladies' Tresses, Northern Lady's Slipper*
support for mother and child during and immediately after the birth—*Grove Sandwort, Peridot, Pregnancy Support, Spiraea*
support for moving from one stage of delivery to the next—*Hairy Butterwort, Sticky Geranium*

Children

for a fear of being in nature—*Soapberry*
for accidents and injuries—*Cotton Grass, Soul Support*
for bad dreams—*Calling All Angels*
for better concentration on homework—*Bunchberry, Easy Learning, Star Ruby*
for feeling protected—*Angelica, Devil's Club, Guardian, Lavender Yarrow, Mangano Calcite, Yarrow*
for feeling supported—*Chalice Well, Starflower*
for grounding—*Green Bells of Ireland*
healing birth trauma—*Ladies' Tresses, Northern Lady's Slipper*
strengthening boundaries for highly sensitive children—*White Violet*
strengthening the bonding connection to the Earth—*Pineapple Weed*
support for starting new projects—*Peridot*

Clarity

brings clarity to an overactive mental body—*Aquamarine, Citrine*
emotional clarity in communication—*Azurite, Beyond Words, Sweetgale*
hearing and speaking from a place of inner clarity—*Twinsflower*
increases clarity and alertness by dissipating confusion—*Easy Learning*
mental clarity, especially during demanding situations—*Blue Topaz, Bunchberry*
of dreams—*Herkimer Diamond*
of purpose—*Diamond*
of vision—*Rainbow Hematite*
translating clarity of perception into appropriate action—*Alder*

Cleansing

chaotic and confused energy from the heart—*Emerald, Foxglove, Montana Rhodochrosite, Rhodochrosite, Rose/Smoky Quartz*
core cleansing and repatterning of the heart—*Northern Lights*
emotional energy stuck in the lower chakras—*Amazonite, Bloodstone, Cinnabar, Ruby, Sweetgale*
old energy patterns from the body—*Fireweed, Greenland Icecap, Purification*
the body's electrical system—*Stinging Nettle*
the channel of communication between the heart and the mind—*Wild Rhubarb*
the etheric body—*Carnelian, Fluorite, Fluorite Combo, Purification, Sweetgrass*
toxic energy from the mind, emotions, and physical body—*Black Tourmaline, Greenland Icecap, Northern Coral Root, Portage Glacier, Purification, Smoky Quartz, Tourmalated Quartz*

Clutter Clearing

for establishing new boundaries so we don't attract more clutter in the future—*One-Sided Wintergreen*
for extreme clutter that has taken over the house—*Devil's Club*
for holding onto stuff because of a fear of not having enough—*Blueberry Pollen, Bog Blueberry*
helps us let go of what is inessential—*Typhoon, Winter In August*

Clutter Clearing (cont.)

helps us release mental and emotional energy attached to our clutter—*Northern Coral Root, Purification*
 seals the energy space after the Clutter Clearing process is complete—*Guardian*

Commitment

in relationships—*Pale Corydalis*
 to a path of service—*Cattail Pollen, Scepter Amethyst, Star Gentian, Star Sapphire*
 to one's life path and purpose—*Paper Birch, Sapphire, Star Sapphire*
 to one's own health and healing—*Self-Heal*

Communication

between different levels of consciousness—*Horsetail*
 between mother and child—*Grove Sandwort*
 between people and the Earth—*Brazilian Quartz, Cassandra, Green Garnet, Northern Coral Root, Pineapple Weed*
 between the heart and the mind—*Wild Rhubarb*
 clears channels of communication in the 5th chakra—*Lapis Lazuli*
 developing body/mind communication—*Dandelion*
 enhances one's ability to communicate with vitality, authenticity, and gentleness—*Azurite, Beyond Words*
 from a place of inner calm and neutrality—*Twinflower*
 improving emotional communication in relationships—*Beyond Words, Hematite, Sweetgale*
 opens the flow of emotional communication through the heart—*Apophyllite, Bloodstone*
 precision alignment with inter-dimensional sources of information—*Rutilated Quartz*
 with oceans and rivers and their inhabitants—*Amazonite*
 with one's higher self—*Golden Corydalis, Hairy Butterwort, Kunzite, Scepter Amethyst, Sugilite, Tundra Rose, White Violet*
 with the animal kingdom—*Horsetail*
 with the plant kingdom—*Comandra, Green Bells of Ireland, Green Bog Orchid, Moschatel*
 without limitation, compromise, or self-consciousness—*Yellow Violet*

Compassion

developing compassion for oneself and others through self-acceptance—*Alpine Azalea*
 for all beings through loving kindness—*Bleeding Heart*
 for one's own healing process—*Bog Candle, Green Bog Orchid, Pearl, Sphagnum Moss*
 in the midst of emotional pain—*Mangano Calcite*
 through forgiveness—*Mountain Wormwood*

Completion

of cycles of healing on the etheric level—*Comfrey, Rhodolite Garnet*
 of cycles of learning and experience—*Grass of Parnassus, Polar Ice*
 of emotional cycles—*Moonstone, River Beauty*
 of life lessons without the creation of crisis or illness—*Dwarf Fireweed, Hairy Butterwort*
 of the past on all levels—*Sitka Burnet*

Confidence

from knowing one's abilities—*Tamarack*
 from knowing one's purpose in life—*Paper Birch, Sapphire*
 in expressing oneself—*Tundra Rose, Yellow Violet*
 in one's ability to heal oneself—*Self-Heal*
 in one's interactions with others—*Starflower, Wild Sweet Pea*
 in one's power to create one's life—*Vesuvianite*

Confusion

- clears confusing dream imagery—*Herkimer Diamond*
- clears confusion from the heart after a traumatic experience—*Montana Rhodochrosite, Rose Quartz, Tundra Twayblade*
- clears mental confusion and distortion—*Bunchberry, Citrine, Easy Learning*

Consciousness

- communicating with other levels of consciousness—*Horsetail*
- opening to wisdom contained in the collective consciousness of the planet—*Black Spruce, Turquoise, White Spruce*

Courage

- in the face of conflict—*Prickly Wild Rose*
- to follow the dictates of Divine purpose—*Cattail Pollen*
- to let one's true self be seen by others—*Monkshood, Wild Sweet Pea*
- to pioneer the way for others to follow—*Aventurine, Yellow Dryas*

Creativity

- helps focus and concentrate one's creative energies—*Green Tourmaline/Smoky Quartz*
- helps one tap into one's inner truth, joy, and wisdom as a source of creative power—*Goatsbeard, Gold*
- opening new levels of creative expression—*Go-Create, Northern Lights, Sticky Geranium, Yellow Paintbrush*
- owning one's diverse talents and traits—*Golden Corydalis*
- recharging one's creative energy—*Bog, Carnelian, Fire Opal, Liard Hot Springs, Opal, Orange Calcite, Spectrolite, Stone Circle*
- sharing one's creativity freely with others—*Wild Iris, Wild Sweet Pea*

Critical

- being criticized by others—*Twinflower*
- overly critical of oneself—*Bog Candle, Diopside, Pearl*
- overly critical of others—*Sphagnum Moss, Stinging Nettle*

Death & Dying

- for a fear of dying—*Bog Rosemary, Chiming Bells, Tundra Rose*
- for finishing up past cycles of experience—*Blue Elf Viola, Labrador Tea, Mountain Wormwood, Sphagnum Moss*
- for making the decision to cross over, and to assist in that journey—*Bog Candle, Cattail Pollen, Hairy Butterwort, Ladies' Tresses, Round-Leaved Sundew, Shooting Star, Spiraea*
- for protection after leaving the body—*Angelica, Guardian*
- for the shock and trauma of ending up in the hospital after an accident or stroke—*Cotton Grass, Soul Support*

Defensiveness

- defensive or reactive communication—*Beyond Words, Stinging Nettle, Sweetgale, Twinflower, Yellow Violet*
- emotional defensiveness—*Sweetgale*

Dental Care

- releasing emotional energy stored in the teeth—*White Fireweed*
- support before, during and after a dental appointment—*Cotton Grass, Fireweed Combo, Soul Support*

Depression

- for those feeling separate and alone in times of darkness—*Lighten Up, Single Delight*
- for those who feel lost or out of touch with their own inner dynamics—*Chiming Bells*
- from lack of light—*Orange Calcite, Solstice Sun*

Detoxification

during and after a long airplane flight—*Travel Ease*
 helps us exchange toxic energy held in the chakras for restorative energy—*Portage Glacier, Silver*
 release of toxic energy from the environment—*Black Tourmaline, Portage Glacier, Purification*
 release of toxic energy from the mind, emotions, and physical body—*Black Tourmaline, Northern Coral Root, Purification, Silver, Smoky Quartz*

Devotion

facilitates the verbal expression of one's devotion to life—*Tundra Rose, Twinflower*
 to one's own heart—*Bleeding Heart, Green Bog Orchid*
 to one's path of service—*Sapphire, Sapphire/Ruby, Star Gentian, Star Sapphire*

Earth Healing

helps to rebuild the etheric web in areas disturbed or devastated by natural or human causes—*Chiming Bells, Comfrey, Cotton Grass, Fireweed, River Beauty, White Fireweed*

Ego

bringing the ego forces into harmony with the wisdom of the higher self—*Round-Leaved Sundew*
 relinquishing inappropriate identification with the ego—*Sitka Spruce Pollen*

Emergence

allowing issues to emerge into the heart for healing—*Green Bog Orchid, Sphagnum Moss*
 helps suppressed issues come into the light of awareness—*Full Moon Reflection*

Emergency

maintaining balance on all levels during and after an emergency—*Cotton Grass, Fireweed, Fireweed Combo, Labrador Tea, Soul Support*
 maintaining emotional boundaries during and after an emergency—*Covellite, Hematite, Tiger's Eye*
 maintaining mental balance during and after an emergency—*Bunchberry, Citrine*
 regaining emotional balance after an emergency—*River Beauty, White Fireweed*

Empowered/Empowerment

by one's connection to the sacred feminine—*Ladies' Mantle*
 by the expression of mastery through one's heart—*Blue Green Tourmaline, Northern Green Orchid*
 empowerment through knowing and feeling one's true value—*Cloudberry, Gold*
 from a clear vision of one's personal truth—*Cattail Pollen*
 helps one stay empowered when dealing with intense emotions—*Hematite, Tiger's Eye*
 remaining true to one's values despite peer pressure—*Pyrite*

Energy

attracting and focusing energy for healing and regeneration—*Labradorite, Lady's Slipper*
 expanding our ability to receive energy from the sun—*Lighten Up, Orange Calcite, Solstice Sun, Sunflower*
 focusing physical energy for decisive action—*Chocolate Lily, Star Ruby*
 helps us recharge after becoming depleted from overwork—*Fire Opal, Labradorite, Opal*
 helps us regulate extremes of energy—*Labrador Tea, Vanadinite*
 increasing energy flow to the meridians—*Amber, Carnelian*
 opening energy flows to and from the etheric body—*Fluorite, Fluorite Combo, Rhodolite Garnet, Sweetgrass*
 opening energy flows to the heart—*Alpine Azalea, Calling All Angels, Chrysocolla, Emerald, Foxglove, Green Bog Orchid, Green Fairy Orchid, Harebell, Rhodochrosite, Rose Quartz, Tundra Twayblade*
 promotes energetic hygiene and independence—*Aragonite*

Environment

cleansing one's environment—*Black Tourmaline, Grass of Parnassus, Portage Glacier, Purification*
helps one not take on the energy of their environment—*Guardian, Lavender Yarrow, Yarrow*

Etheric

bathes the etheric body with multi-spectrum light—*Labradorite, Opal, Spectrolite*
breaking up and releasing blockages from the etheric body—*Fireweed, Fluorite, Fluorite Combo, Portage Glacier*
rebuilds the etheric web of energy in areas disrupted by surgery or injury—*Comfrey, Fireweed, Rhodolite Garnet, Sweetgrass*

Exhaustion

feeling like there is no time to rest—*Opium Poppy*
from overuse of mental and emotional forces—*Labradorite, Opal, Spectrolite*
from overwork—*Fire Opal, Green Jasper, Moschatel, Opal*
from trying to balance one extreme with another—*Labrador Tea, Purple Poppy*
resulting from blockages in the subtle bodies—*Carnelian, Fluorite*

Father

forgiveness around father issues—*Mountain Wormwood*
strengthening the father principle, in men and women—*Citrine, Fairy Slipper, Sitka Spruce Pollen, Solstice Sun, Sunflower*

Fear

fear of speaking out—*Fairy Slipper, Yellow Violet*
fear of the power of nature—*Soapberry*
fear of the unknown, afraid to take risks—*Aventurine, Bog Rosemary, Redoubt Volcano*
of flying—*Soul Support, Travel Ease*
of the misuse of power—*Soapberry*
overcoming the fear of death—*Angelica, Chiming Bells, Tundra Rose*
relating to the world with fearlessness—*Monkshood*
release of fear through trust—*Bog Rosemary*
releasing fear from the heart—*Enchanter's Nightshade, False Hellebore, Forget-Me-Not, Foxglove*

Feminine

balancing masculine and feminine energies in the heart—*Green Fairy Orchid, Watermelon Tourmaline*
blending the power of the masculine and feminine—*Blue Poppy, Fairy Slipper, Sitka Spruce Pollen, Solar Eclipse*
helps one embody feminine qualities of spirituality—*Sugilite*
opening to the nurturing energies of the Divine Mother—*Emerald, Ladies' Mantle, Larimar*
opening up to a greater awareness of the feminine in nature—*Amazonite, Northern Lady's Slipper, Paper Birch*
reconnecting to the wild feminine—*Green Jasper*

Flexibility

gaining flexibility through the release of emotional blockages—*Chrysocolla, Dandelion, Potato*
helps us contact the inherent flexibility of the body—*Amber*
mental flexibility—*Lamb's Quarters, Wild Rhubarb, Willow*

Flying

disorientation, jet lag—*Brazilian Quartz, Smoky Quartz, Travel Ease*
fear of flying—*Soul Support*
protection from electromagnetic radiation, noise and vibration during a flight—*Stone Circle, Travel Ease*

Focus

creating a positive focus for personality growth—*Golden Corydalis*
 focused release of creative energy—*Sticky Geranium, Wild Iris*
 focused release of resistance—*Greenland Icecap*
 focusing attention in the present moment—*Rutilated Quartz, Star Ruby*
 focusing awareness so we can see subtle energies in nature—*Comandra, Northern Twayblade*
 focusing energy for healing—*Lady's Slipper, Northern Lady's Slipper*
 increasing mental focus and alignment with Divine Will—*Bunchberry, Citrine, Easy Learning*
 maintaining a spiritual focus in life—*Icelandic Poppy*
 maintaining focus on one's healing process when many issues are coming up for consideration—*Fluorite Combo*

Forgiveness

of old wounds in relationships—*Alpine Arnica, Bleeding Heart, Mountain Wormwood*
 through a clean and appropriate expression of anger—*Blue Elf Viola*
 through acceptance of self—*Alpine Azalea*

Freedom

from injury and risk through a harmonious relationship with the planet—*Pineapple Weed*
 through forgiveness—*Bleeding Heart, Mountain Wormwood*
 through healing the past on all levels—*Sitka Burnet*

Frustration

creative—*Wild Iris, Yellow Paintbrush*
 emotional—*Blue Elf Viola, Sweetgale*

Gardening

helps build up the life-force in the garden—*Moschatel, Orange Calcite, Solstice Sun, Sunflower*
 helps one tune into the needs of the plant kingdom—*Moschatel*
 helps plants recover from frost or animal damage—*Soul Support*
 helps transplanted seedlings establish new roots of communication with the Earth—*Grove Sandwort, Peridot*
 opens one's awareness to the plant kingdom—*Comandra, Green Bells of Ireland, Green Bog Orchid*

Grace

expressing one's uniqueness with grace and poise—*Lace Flower*
 moving through difficult transitions with grace—*Aventurine, Hairy Butterwort, Lilac*
 moving with physical grace—*Pineapple Weed*
 opening to the grace of the wild feminine—*Green Jasper*

Gratitude

acceptance of support in a spirit of gratitude—*Spiraea*
 encouraging abundance through a conscious attitude of gratitude—*Blueberry Pollen, Bog Blueberry*
 living life with gratitude—*Turquoise*

Grief

helps one contact, open to and release grief carried in the physical body—*Chrysocolla, Cotton Grass, Diopside, Ladies' Mantle, Reindeer Moss*
 supports, balances, and nurtures the emotional process during the grieving process—*River Beauty, Tidal Forces, White Fireweed*

Grounding

- grounding communication—*Azurite*
- grounding information from the higher realms—*Moldavite, Rainbow Hematite, Rutilated Quartz, Star Ruby, Vesuvianite*
- grounding old energy patterns from the body—*Fireweed, Glacier River, Green Tourmaline/Smoky Quartz*
- grounding spiritual truth into the physical body—*Chalice Well, Citrine*
- helps one ground an awareness of life purpose into practical, heart-centered action—*Sapphire/Ruby*
- helps one maintain grounding during energy work—*Aragonite*
- helps one release resistance to being fully grounded—*Bloodstone, Brazilian Quartz, Devil's Club, Gigha Quartz*
- reconnecting to the Earth after a shock or trauma—*Fireweed, Green Jasper, Ruby*
- reconnecting to the physical body after a traumatic experience—*Club Moss, Cotton Grass, Fireweed, Raspberry Rutile, Rhodolite Garnet*
- strengthens grounding on all levels—*Black Tourmaline/Master Quartz, Club Moss, Gigha Quartz, Malachite, Red Quartz*
- strengthens the connection between the 1st chakra and the Earth—*Black Tourmaline, Club Moss, Crowberry, Fireweed Combo, Gigha Quartz, Ruby*

Guidance

- awareness of guidance and support from spiritual sources—*Black Spruce, Moldavite, Sapphire, Shooting Star, Star Sapphire*
- balancing ego forces with higher guidance—*Diamond, Round-Leaved Sundew*
- developing a greater trust in one's spiritual guidance—*Bog Rosemary, Hairy Butterwort*
- establishing connections with inner sources of guidance—*Forget-Me-Not, Horsetail, Monkshead*

Harmony

- between human power and the power of the Earth—*Soapberry*
- between mothers and children and the Earth—*Grove Sandwort, Pineapple Weed, Pregnancy Support*
- between personal and Divine Will—*Diamond, Jacob's Ladder, Silver*
- between the heart chakra and the planet—*Chrysoprase, Devil's Club, Green Bog Orchid*
- between the masculine and feminine in men and women—*Green Fairy Orchid, Solar Eclipse*
- between the mental body and higher spiritual laws—*Citrine*
- between the physical, emotional, mental, and spiritual levels of being—*Malachite*
- harmonizing the auric field and the physical body with the Earth's natural vibration—*Brazilian Quartz, Smoky Quartz, Travel Ease*

Heart

- accessing information in the heart before interpreting it with the mind—*Lamb's Quarters*
- clearing the channel of communication between the heart and mind—*Wild Rhubarb*
- clears, expands, and aligns the heart chakra with the higher self—*Blue Green Tourmaline*
- developing the green, earthly dimension of the heart chakra—*Chrysoprase*
- developing the pink, spiritual dimension of the heart chakra—*Kunzite*
- helps us express our mastery and power through our hearts—*Northern Green Orchid*
- improving the flow of emotional communication through the heart—*Amazonite, Apophyllite*
- increasing energy, balance, and stability in the heart chakra—*Aventurine, Mangano Calcite, Montana Rhodochrosite, Rhodochrosite, Rose Quartz, Round-Leaf Orchid, Watermelon Tourmaline*
- listening with our hearts and speaking our truth from our hearts—*Beyond Words, Twinflower*
- opening our hearts to the experience of Unconditional Love—*Bleeding Heart, Harebell*
- opening the heart through unconditional self-acceptance—*Alpine Azalea*
- opening the heart to a greater experience of love in the physical body—*Emerald*
- opening the heart to a greater flow of creative giving—*Green Tourmaline/Smoky Quartz, Yellow Paintbrush*

Heart (cont.)

releasing muscle tension centered around the heart—*Foxglove, Soapberry*
 releasing pain and sadness held deeply in the heart—*Celestite, Foxglove, Green Bog Orchid, Pink Quartz, Rose/Smoky Quartz, Tundra Twayblade*

Higher Self

strengthening one's energetic connection with—*Brazilian Amethyst, Jacob's Ladder, Moldavite, Scepter Amethyst, White Violet*
 trusting in the wisdom of the higher self—*Diamond, Gold, Hairy Butterwort, Round-Leaved Sundew, Scepter Amethyst, Sitka Spruce Pollen*

Homeless

for those who are drifting from place to place, with no place to call home—*Alaska Violet, Cow Parsnip*
 helps one find or create community—*Wild Sweet Pea*

Honesty

helps one make decisions based on an honest regard for one's highest good—*Beyond Words, Paper Birch, Pyrite, Topaz*
 willingness to see the truth of a situation—*Alder, Bladderwort, Cattail Pollen*

Hope/Hopelessness

helps us replace hopelessness with openness, courage, and a renewed interest in life—*Prickly Wild Rose, Tundra Rose*
 reminds us that we are loved and supported by the angels and all life on this planet—*Calling All Angels, Chalice Well*
 restores a belief in miracles—*Augustine Volcano, Rock Spring*

Identity

building a strong projection of one's identity—*Columbine, Monkshead*
 confidence from knowing one's true identity—*Tamarack*
 expansion and clarification of one's identity throughout cycles of change—*Icelandic Poppy, Sunflower, Yellow Dryas*
 helps one access and bring forth the highest aspects of one's identity—*Gold, Scepter Amethyst*
 helps one maintain a strong sense of self-identity when dealing with powerful emotions—*Hematite, Tiger's Eye*
 strengthening one's ability to act from a clear sense of personal identity—*Carnelian, Topaz*

Impatience

calms mental impatience and preoccupation—*Aquamarine*
 with change and wanting to rush into things—*Polar Ice*

Individuality

developing a conscious connection with the source of one's individuality—*Tamarack, Yellow Dryas*
 helps one develop one's unique individuality—*Columbine, Fairy Slipper, Lace Flower, One-Sided Wintergreen, Topaz*
 strengthens and protects our deepest sense of self—*Pasque Flower*

Inner Child

connecting to and nurturing one's inner child—*Rose Quartz, Sweetgale*
 creating a place of safety within the heart—*Calling All Angels, Montana Rhodochrosite*
 directing healing energy to the inner child—*Lady's Slipper*
 gentle support for the healing of core traumas—*Dwarf Fireweed, Emerald, Northern Lady's Slipper*
 getting back in touch with one's original innocence—*Forget-Me-Not, Liard Hot Springs*
 helps the inner child forgive past hurts—*Mountain Wormwood*

Inner Child (cont.)

moving the focus from pain to healing—*Cotton Grass*
release of anger and frustration from the inner child—*Blue Elf Viola*
strengthening communication between the inner child and the Earth Mother—*Grove Sandwort*

Innocence

helps us release guilt and self-blame—*Forget-Me-Not, Liard Hot Springs*
restores awareness of our original innocence—*Cloudberry, Starflower*

Inspiration

connects us to the source of our creative inspiration—*Wild Iris*
opening the mind to—*Easy Learning, Jacob's Ladder, Lamb's Quarters*
restores hope, courage, and inspiration—*Rock Spring, Tundra Rose*
through joy and enthusiasm—*Goatsbeard*

Integration

increases our ability to integrate information—*Easy Learning, Rutilated Quartz, Stinging Nettle*
of emotions—*Dandelion, Sweetgale*
of eternal wisdom into present time awareness—*Black Spruce*
of new experiences by the personality—*Golden Corydalis*
of peak experiences—*Solstice Sun*
of spirit and emotion into action in the present moment—*White Spruce*
of the celestial and the physical—*Red-Purple Poppy*
of the lessons of the past—*Black Spruce, Opium Poppy, Purple Poppy*
of the rational and the intuitive—*Lamb's Quarters*

Intention

aligns attention with motivation—*Jacob's Ladder, Sticky Geranium*
clarifies intention—*Citrine, Diamond, Typhoon, Winter In August*

Intimacy

helps one create appropriate boundaries for—*Covellite, Pasque Flower*
helps one open again to intimacy after a painful or traumatic experience—*Chrysocolla, Montana Rhodochrosite, Rhodochrosite, White Fireweed*
strengthens the heart so one is able to maintain intimacy—*Mangano Calcite, Rose Quartz*

Intuition

balancing intuition during menstruation—*Moonstone*
balancing the intuitive with the rational—*Lamb's Quarters*
opening one's intuition to the plant kingdom—*Comandra, Moschatel*
trusting one's intuition—*Bog Rosemary*

Irritation

helps dissolve layers of irritation in the mental and emotional bodies—*Pearl, Stinging Nettle*
releasing irritation towards one's own healing process—*Sphagnum Moss*

Isolation

encourages one to move out of isolation—*Wild Sweet Pea*
feeling separated or isolated from one's spiritual source—*Moldavite, Sapphire, Shooting Star*
support for those who feel isolated from others—*Single Delight*

Joy

bringing more joy into the fulfillment of life's challenges—*Alaska Violet, Prickly Wild Rose, Tundra Rose, Willow*
 helps one reclaim joy after a devastating experience—*River Beauty*
 in physical existence—*Calling All Angels, Chiming Bells, Orange Calcite*
 integrating joy and suffering—*Bleeding Heart*
 opening to joy as a source of creative power—*Bog, Goatsbeard, Gold*
 reclaiming joy through transformative experiences—*Fireweed Combo*

Judgment

helps turn judgment of one's difficulties into acceptance and awareness—*Pearl*
 learning to see without judgment—*Celestite, Rainbow Hematite, Sphagnum Moss*
 release of conditions to loving and accepting the self—*Alpine Azalea*

Lethargy

emotional lethargy—*Bloodstone, Moonstone, Sweetgale*
 feeling weighed down by life—*Lighten Up, Orange Calcite*
 from the feeling of having no energy—*Fire Opal*
 helps one move from lethargy to decisive and focused action—*Augustine Volcano, Sticky Geranium*

Life Purpose

creating energy boundaries that are in alignment with one's life purpose—*One-Sided Wintergreen*
 gaining a clear perspective on one's life purpose—*Paper Birch*
 joining with others to promote a shared higher purpose—*Northern Green Orchid*
 reconnecting with life purpose after a shock or trauma—*Ladies' Tresses, Northern Lady's Slipper*
 strengthening one's ability to act in alignment with life purpose—*Diamond, Sapphire, Sapphire/Ruby, Star Sapphire*

Light

amplifies one's ability to assimilate light at the cellular level of the body—*Amber, Herkimer Diamond, Labradorite, Orange Calcite*
 awareness of the omnipresence of light—*Single Delight*
 bathes the entire aura with multi-spectrum light—*Opal, Spectrolite*
 for sensitivity to the light—*Enchanter's Nightshade, Monkshood, Vanadinite*
 opening the energy channels to receive more nourishment from sunlight—*Lighten Up, Solstice Sun, Sunflower*
 opening to the light of creation—*Northern Lights*
 receiving nourishment and healing from non-visible light—*Grass of Parnassus, Lighten Up*
 strengthening one's inner light—*Yarrow*
 support for bringing one's shadow self into the light—*Enchanter's Nightshade, Full Moon Reflection*

Limitation

dissolving limiting beliefs that restrict our experience of abundance—*Blueberry Pollen, Bog Blueberry*
 going beyond previous levels of self-definition—*Sticky Geranium*
 letting go of all limitations to receiving love from within—*Alpine Azalea, Chrysocolla, Emerald, Harebell*
 releasing tension around the heart resulting from limiting belief systems—*Foxglove*

Listening

clears confusion between hearing and knowing—*Lapis Lazuli*
 from a place of inner quiet and focused neutrality—*Aquamarine, Beyond Words, Twinflower*
 to the subtleties of nature—*Cassandra*

Loss

becoming empowered by consciously letting go—*Fireweed, Tidal Forces*
coping with recent emotional loss—*Bleeding Heart, River Beauty*
of place, home, or habitat—*Reindeer Moss*
processing ancient feelings of loss—*Cinnabar, Ladies' Mantle*

Love

being motivated by a love of life—*Tundra Rose*
bringing unconditional love through the heart—*Alpine Azalea, Harebell*
harmonizes the giving and receiving qualities of love—*Watermelon Tourmaline*
opening the heart to allow a greater experience of love in the body—*Chrysocola, Emerald, Montana Rhodochrosite, Tundra Twayblade*
opening the heart to an awareness and experience of angelic love—*Angelica, Calling All Angels, Kunzite*

Manifesting

abundance on all levels—*Blueberry Pollen, Bog Blueberry, Go-Create, Rock Spring*
positive reality from the quality of one's thoughts—*Goatsbeard, Willow*
through a strong connection with one's creative power—*Bog, Club Moss, Gold, Wild Iris*

Masculine

balancing masculine and feminine energies in the heart—*Green Fairy Orchid, Watermelon Tourmaline*
balancing power and gentleness in men and women—*Blue Poppy, Sitka Spruce Pollen*
helps men reclaim their spiritual self-image—*Brazilian Amethyst, Star Gentian*
strengthening the flow of masculine energy in men and women—*Fairy Slipper, Solar Eclipse, Solstice Sun, Sunflower*

Massage Therapy/Body Work

releasing energy blockages and improving energy flow throughout the body—*Fluorite, Fluorite Combo, Grass of Parnassus, Lady's Slipper, Pearl, Potato, Smoky Quartz, Tourmalated Quartz*
releasing mental and emotional tension held in muscle tissue—*Cotton Grass, Dandelion, Potato*
releasing muscle tension resulting from experiences of abuse or sexual trauma—*Balsam Poplar*
sealing energy breaks in the aura—*Comfrey, Lavender Yarrow, Rhodolite Garnet, Yarrow*

Meditation

cleansing a physical and vibrational space for meditation or ritual—*Grass of Parnassus, Purification, Sweetgrass*
getting in touch with life purpose when faced with difficult decisions—*Paper Birch, Shooting Star*
quieting the mind and preparing for meditation—*Aquamarine, Cassandra, Horsetail, Polar Ice*

Mother

helps the single mother find balance between mothering and fathering—*Solar Eclipse*
opening the heart to the Divine Mother—*Chiming Bells, Emerald*
strengthening the mother principle—*Bog, Grove Sandwort, Pineapple Weed*
support for becoming a mother—*Pregnancy Support*

Motivation

balancing one's motivation with an awareness of what has already been accomplished—*Opium Poppy*
finding motivation from a clear awareness of life purpose—*Paper Birch*
opening to higher sources of motivation, especially in one's writing and speaking—*Tundra Rose*

Nature

awareness of the angelic kingdom in nature—*Alpine Azalea, Chiming Bells*
 awareness of the subtler aspects of nature—*Comandra, Moschatel, Northern Twayblade*
 establishing bonds of communication with nature—*Comandra, Grove Sandwort*
 helps one feel at home in nature—*Chrysoprasi*
 learning to be nurtured and supported by nature—*Spiraea*
 opening to the light and intelligence in nature—*Green Bells of Ireland, Green Garnet, Green Tourmaline*
 releasing fears of the power of nature—*Soapberry*

Newborn

help in establishing bonds of communication with the mother and the Earth—*Grove Sandwort, Pineapple Weed*
 helps newborn babies greet the Earth—*Green Bells of Ireland*
 support and protection for the newly born—*Covellite, Guardian, Peridot, White Violet, Yarrow*
 support for newborn animals—*Animal Care*

Nurturing

helps the inner child receive nurturing from the Divine Mother and the Earth—*Emerald, Northern Lady's Slipper, Rose Quartz*
 helps us learn how to receive nurturing without struggle—*Larimar*
 learning to nurture and be nurtured unconditionally—*Spiraea*
 supports the practice of nurturing between mother and child—*Grove Sandwort, Pregnancy Support*

Opening

opening and maintaining a spiritual focus in life—*Icelandic Poppy*
 opening channels of communication with higher sources of energy and information—*Lapis Lazuli, Rutilated Quartz*
 opening one's heart to angelic love—*Alpine Azalea, Angelica, Kunzite*
 opening one's mind to the experience of abundance—*Blueberry Pollen*
 opening pathways to receive healing energy—*Lady's Slipper, Northern Lady's Slipper*
 opening the heart to healing through trust—*Bog Rosemary*
 opening to the omnipresence of light—*Single Delight*
 to higher sources of inspiration—*Tundra Rose*
 to share more of what one has to offer—*Apophyllite, Wild Sweet Pea*
 to the active, masculine flow of energy—*Solstice Sun, Sunflower*

Optimism

helps one restore an optimistic outlook on life—*Chiming Bells, Goatsbeard, Prickly Wild Rose, Rock Spring, Spectrolite*

Oversensitive

for emotional over sensitivity—*Hematite, Tiger's Eye*
 for environmental sensitivities—*Black Tourmaline, Guardian, Yarrow*
 helps acutely sensitive people create better boundaries—*Guardian, Monkshood, White Violet, Yarrow*
 helps highly sensitive people stay connected to their bodies and the Earth—*Starflower, Stinging Nettle*
 oversensitive to physical contact—*Covellite, Pasque Flower*

Overwhelmed

by energies from others or from the environment—*Black Tourmaline, Covellite, Guardian, Hematite, Yarrow*
 by the amount of energy or information one is receiving—*Lapis Lazuli, Rutilated Quartz, Stinging Nettle, Twinflower*
 by the pace and intensity of change—*Fireweed, Golden Corydalis, Greenland Icecap, Labrador Tea, Tidal Forces*

Patience

helps us stay present and centered in the moment with no anticipation of what is to come—*Jadeite Jade, Polar Ice*
sense of not having enough time to complete tasks—*Bunchberry*
when confronting obstacles—*Rock Spring*

Peace

allowing peace to reside in us on a permanent basis—*Blue Green Tourmaline*
peace from an awareness of Divine support—*Bog Candle, Chalice Well, Hairy Butterwort*
peace of mind during times of change—*Cow Parsnip*
realizing peace by letting go of what is inessential—*Winter In August*
through understanding one's true nature—*Chiming Bells, Jadeite Jade*

Perception

clarity of visual perception—*Alder, Herkimer Diamond*
of nature on a deeper and more profound level—*Cassandra, Comandra, Green Bog Orchid, Moschatel*
of the essential oneness of the universe through an open heart—*Green Fairy Orchid*
of the finer, subtler energies of spirit as they exist in form—*Northern Twayblade*
releasing beliefs that limit one's perception—*Blueberry Pollen, Crowberry, Foxglove*

Perspective

changing one's perspective from pain to healing—*Cotton Grass*
helps one learn a new perspective of balance—*Green Tourmaline, Labrador Tea, Opium Poppy, Red Elder*
looking within for a deeper perspective—*Lapland Rosebay*
needing to restore one's perspective—*Foxglove, Paper Birch*
opening to a fresh perspective on life—*Spectrolite*
opening to a more universal perspective—*Lamb's Quarters, Moldavite*

Potential

facilitates the development of our spiritual potential—*Brazilian Amethyst, Fairy Slipper, Scepter Amethyst, Sunflower*
freeing up and focusing inner potential—*Sticky Geranium*
opens our potential for creative expression—*Wild Iris, Yellow Paintbrush*
promotes the ability to hold potential for new creation—*Bog, Pregnancy Support*
receiving what we need to live our lives to their full potential—*Blueberry Pollen, Bog Blueberry*

Power

blending power and gentleness—*Sitka Spruce Pollen*
expressing power through our hearts—*Northern Green Orchid*
harmonizing our personal power with the power of nature—*Gigha Quartz, Soapberry*
reclaiming one's power as a man—*Fairy Slipper, Solar Eclipse, Sunflower*
reclaiming one's power as a woman—*Ladies' Mantle*
tapping into inner truth and joy as a source of personal power—*Goatsbeard, Gold*

Pre-Menstrual

calms overly reactive emotional states—*Moonstone, Tidal Forces*
inconsistent and uneven flow of energy due to shock or trauma in the past—*Balsam Poplar, Green Jasper, Ladies' Mantle, River Beauty, White Fireweed*
releases emotional tension and promotes circulation of emotional energies—*Bloodstone, Moonstone*

Protection

adds clarity and definition to the auric field—*Covellite, Stone Circle*
 being one's own source of protection—*Stone Circle, Yarrow*
 creates a sacred and protected space for deep inner work—*Monkshood*
 for carrying out one's life purpose—*Alaska Violet, Cattail Pollen, One-Sided Wintergreen*
 for practitioners and healers—*Guardian, Lavender Yarrow, Stone Circle*
 for the newly born—*Angelica, Peridot*
 from environmental pollution and toxicity—*Guardian*
 helps sensitive people create functional energy boundaries—*White Violet*
 protection from other's emotional energies—*Hematite, Red Quartz*
 through a projection of harmlessness—*Larimar*

Public Speaking

for fears of—*White Violet, Yellow Violet*
 helps one prepare for—*Beyond Words*
 promotes clear communication—*Fairy Slipper, Tundra Rose, Twinflower, Yellow Violet*

Purification

of one's immediate environment—*Grass of Parnassus, Sweetgrass*
 of stagnant energy on any or all levels—*Purification, Tourmalated Quartz, Typhoon*
 of the etheric body—*Fluorite, Fluorite Combo, Sweetgrass*
 of toxic energy from body, mind, and emotions—*Black Tourmaline, Black Tourmaline/Master Quartz, Northern Coral Root, Portage Glacier*

Purity

helps to restore the purity of innocence—*Liard Hot Springs*
 helps us recognize purity within ourselves—*Cloudberry, Polar Ice, Starflower*

Rebirthing

for healing birth trauma—*Ladies' Tresses, Shooting Star*
 support for new beginnings—*Peridot*
 to assist in the processing of old emotions and thoughts—*Bog Candle, Purification, Rose/Smoky Quartz*

Receptivity

creating functional energy boundaries to support one's receptivity—*Covellite, Stone Circle, White Violet*
 dedicating one's mental capacities to receiving the creative impulses of the soul—*Jacob's Ladder*
 developing emotional receptivity—*Sweetgale*
 helps one move from over sensitivity to centered receptivity—*Moonstone*
 increasing mental receptivity by opening the channel between the heart and mind—*Wild Rhubarb*
 to one's spiritual power—*Brazilian Amethyst, Icelandic Poppy, Scepter Amethyst*
 to the angelic kingdom—*Angelica, Chiming Bells, Kunzite*

Recovery

emotional—*River Beauty*
 from addictive behavior—*Labrador Tea, Self-Heal*
 from long term illness or overwork—*Fire Opal, Opal*
 from old wounds and injuries—*Comfrey, Cotton Grass, Rhodolite Garnet*
 from shock and trauma—*Dwarf Fireweed, Fireweed, Soul Support, White Fireweed*

Regeneration

emotional regeneration after a traumatic event—*River Beauty*
of the etheric body—*Comfrey, Fireweed, Fluorite Combo, Opal, Sweetgrass*
physical regeneration through the healing of old wounds—*Cotton Grass, Fireweed, Rhodolite Garnet*
spiritual regeneration—*Brazilian Amethyst, Chiming Bells, Kunzite, Vanadinite*

Rejuvenation

of spent emotional and mental forces—*Lighten Up, Opal*
on all levels—*Fireweed, Liard Hot Springs, Portage Glacier, Ruby, Spectrolite*
through a greater awareness of how we use our energy—*Chocolate Lily, Labradorite*

Relationships

balancing communications in relationships—*Twinflower*
balancing one's relationship to the Earth—*Turquoise*
encourages mutual awareness and healing of relationships—*Full Moon Reflection*
opening emotional interactions in—*Sweetgale*
release of unforgiven areas in—*Mountain Wormwood*
seeing relationships from a spiritual perspective—*Pale Corydalis*

Release

of a negative or false self-image—*Columbine, False Hellebore, Lace Flower*
of emotional and mental tension held in muscle tissue—*Dandelion, Valerian*
of emotional tension in male/female relationships—*Sweetgale*
of energy connections with others that are no longer useful—*Aragonite*
of energy patterns that no longer serve us—*Cinnabar, Fireweed, Green Tourmaline/Smoky Quartz, Northern Lights, Purification*
of pain held in the body—*Cotton Grass, Potato*
of self-doubt—*Tamarack*
of sexual tension stemming from experiences of abuse—*Balsam Poplar*
of the fear of one's own power—*Soapberry*

Releasing

attachment to distraction—*Bunchberry*
constrictions held deep in the heart—*Green Bog Orchid, Green Fairy Orchid, Pink Quartz*
deep patterns of limitation held in the mind—*Blueberry Pollen*
deeply held trauma—*Ladies' Tresses, Soul Support, White Fireweed*
emotional shock—*White Fireweed*
emotional tension centered around the heart—*Augustine Volcano, Foxglove, Soapberry*
familial and tribal karmic patterns—*White Lupine*
inner potential—*Sticky Geranium*
judgment from the heart—*Sphagnum Moss*
mental resistance to change—*Glacier River, Greenland Icecap, Jacob's Ladder, Willow*
old habits that are no longer useful—*Portage Glacier*
pain held deep in the subconscious—*Forget-Me-Not*
resentment towards oneself or another—*Mountain Wormwood*
self-destructive programming—*Bog Candle, Diopside*
the energy surrounding unresolved conflicts—*Blue Elf Viola*
the need to mentally control the events of our lives—*Jacob's Ladder*
through self-acceptance—*Rose/Smoky Quartz*
toxic patterns in an environment where there has been addiction, depression or abuse—*Purification*

Remembering

one's original innocence—*Forget-Me-Not, Liard Hot Springs*
 wisdom from past experiences—*Black Spruce, White Spruce*

Resentment

helps one understand the source of—*Blue Elf Viola*
 stimulates the release of—*Mountain Wormwood*

Resilience

of body—*Dandelion, Pearl, Potato*
 of mind—*Chrysocolla, Wild Rhubarb, Willow*
 of perception—*Rainbow Hematite*
 promotes a resilient attitude towards life—*Tidal Forces*

Resistance

letting go of resistance to being healed—*Bog Rosemary, Northern Lady's Slipper*
 overcoming mental resistance—*Willow*
 to becoming fully connected with the physical plane—*Bloodstone, Glacier River*
 to change and transformation—*Glacier River, Greenland Icecap, Redoubt Volcano*
 to growth and expansion—*Spiraea*
 to receiving love from universal sources—*Harebell*

Responsibility

helps one take responsibility for why they have incarnated—*Sapphire, Star Sapphire*
 taking responsibility for one's personal power—*Sitka Spruce Pollen, Soapberry*
 taking responsibility for the reality one has created—*Willow*

Restoration

of equilibrium to the body after injury, shock, and trauma—*Cotton Grass, Fireweed, Soul Support*
 of one's interest in life—*Prickly Wild Rose, Tundra Rose*

Sadness

brings peace and joy to those who are lost in sadness—*Chiming Bells, Orange Calcite, Pink Quartz, River Beauty*
 helps us release deep sadness from the body—*Cinnabar, Ladies' Mantle, Tidal Forces, Tundra Twayblade*

Safety

helps one create safety in the heart—*Devil's Club, Mangano Calcite*
 helps one find peace, protection, safety, and security through the release of fear—*Enchanter's Nightshade*
 helps one relax and receive nurturing without struggle—*Larimar*

Security

through the establishment of functional boundaries—*Guardian, Pasque Flower, Red Quartz, Stone Circle, White Violet, Yarrow*

Seeing

beyond one's normal range of perception—*Alder, Herkimer Diamond, Northern Twayblade*
 through illusion to the truth—*Bladderwort*
 through perceptual blockages to the heart of the matter—*Foxglove*
 with unconditional love—*Sphagnum Moss*
 without distortion—*Lapland Rosebay*

Self-Appreciation

of one's beauty, regardless of how it differs from others—*Columbine*
of one's unique contribution to the evolution of humanity—*Lace Flower*
of our creative abilities—*Wild Iris*

Self-Esteem

from a clear sense of one's identity—*Cloudberry, Gold, Tiger's Eye, Topaz*
from knowing one's abilities—*Tamarack*
from solidifying one's value system—*Pyrite*

Sensitivity

balances and harmonizes sensitivity during menstruation—*Moonstone*
grounding one's sensitivity into physical experience—*Comandra, Northern Twayblade, Stinging Nettle*
lack of emotional sensitivity—*Bloodstone, Sweetgale*
support and protection for those who are highly sensitive—*Covellite, Guardian, Lavender Yarrow, One-Sided Wintergreen, Pasque Flower, White Violet, Yarrow*

Sensuality/Sexuality

clearing negative programming around sexuality—*White Fireweed*
for over sensitivity to physical touch—*Pasque Flower*
helps one express one's passion in service to Spirit—*Blue Poppy*
restores earthly sensuality and healthy sexuality—*Green Jasper, Ladies' Mantle*
synchronizing sexual energy with planetary cycles and rhythms—*Balsam Poplar*

Shock

healing emotional shock—*River Beauty, White Fireweed*
helps animals release shock—*Animal Care*
recovering from a shock to the heart—*Montana Rhodochrosite, Rhodochrosite, Rose Quartz*
recovering from a shock to the physical body—*Cotton Grass, Fireweed*
releasing shock from the etheric body—*Comfrey, Fireweed, Fluorite, Raspberry Rutile, Rhodolite Garnet, Sweetgrass*
releasing shock that has been stored in the cellular structure of the body—*Ladies' Tresses, Tundra Twayblade, White Fireweed*
treating shock on all levels—*Soul Support*

Space Clearing

clearing and releasing—*Black Tourmaline, Grass of Parnassus, Northern Coral Root, Portage Glacier, Purification, Sticky Geranium, Sweetgrass, Tourmalated Quartz, Typhoon*
invocation—*Calling All Angels, Chalice Well, Chiming Bells, Guardian, Kunzite, Lighten Up*
maintaining energy flow in a space—*Lady's Slipper, Lighten Up, Orange Calcite, Tidal Forces*
preservation—*Covellite, Guardian, Hematite, Peridot*

Spiritual

brings a depth and physical richness to one's spiritual life—*Sugilite*
helps one balance the flow of spiritual energies in the body—*Lilac, Red-Purple Poppy*
promotes a recognition of the spiritual realm—*Brazilian Amethyst, Forget-Me-Not, Scepter Amethyst*
seeing relationships as catalysts for spiritual growth—*Pale Corydalis*
supports spiritual receptivity and radiance—*Icelandic Poppy*

Strengthening

appreciation of oneself—*Lace Flower*
 one's inner connection with the Universe—*Bog Rosemary*
 one's inner light—*Yarrow*
 one's sense of self—*Columbine*
 the bonds of communication between mother and child—*Grove Sandwort*
 the energetic boundary between one's emotional experience and one's true identity—*Tiger's Eye*
 the flow of feminine energy in the body—*Balsam Poplar, Green Jasper, Moonstone*
 the flow of masculine energy in the body—*Sitka Spruce Pollen, Sunflower*
 the heart chakra—*Chrysocolla, Chrysoprase, Emerald, Kunzite, Montana Rhodochrosite, Rhodochrosite, Rose Quartz*

Stress

letting go of emotional stress stored in the muscle tissue—*Dandelion*
 relieving stress from the experience of extremes—*Labrador Tea, Soul Support*
 stress from a preoccupation with mental activities—*Aquamarine, Blue Topaz, Jacob's Ladder, Wild Rhubarb*

Suffering

letting go of old patterns of suffering—*Bleeding Heart, Pink Quartz, White Fireweed*
 opening old wounds to the healing power of love—*Tundra Twayblade*
 physical relief from suffering—*Cinnabar, Cotton Grass, Northern Lady's Slipper, Pearl*
 suffering from loss—*Ladies' Mantle, Reindeer Moss, River Beauty*

Support

accessing Divine support in the moment—*Hairy Butterwort, Lilac*
 for any new cycle of growth and experience—*Peridot, Rock Spring*
 for those who are pioneering new inner and outer realms—*Aventurine, Vesuvianite, Yellow Dryas*
 from all kingdoms and dimensions—*Chalice Well*
 from the Angelic kingdom—*Angelica, Chiming Bells, Kunzite*
 unconditional acceptance of support in all situations—*Spiraea*

Surrendering

inappropriate mental control over the events of our lives—*Jacob's Ladder*
 the pain from old wounds—*Cotton Grass*
 the power of the mind to the joy of the heart—*Lamb's Quarters*
 to that which is beyond our control or comprehension—*Augustine Volcano, Redoubt Volcano*
 to the timing of one's inner processes—*Greenland Icecap, Polar Ice*
 unforgiven areas in our relationships—*Mountain Wormwood*

Synchronization

gaining safety and freedom from risk through a synchronization of mind and body—*Pineapple Weed*
 of internal body rhythms with the natural cycles of the planet—*Balsam Poplar, Green Jasper*
 of the auric field with the natural vibration of the Earth—*Brazilian Quartz, Malachite, Smoky Quartz*
 of the movement of energy between the etheric and physical bodies—*Fluorite Combo*

Transformation

letting go of resistance to—*False Hellebore, Fireweed Combo, Glacier River, Greenland Icecap, Spiraea, Tidal Forces, Vanadinite*
 of life patterns that no longer contribute to our highest good—*False Hellebore, Fireweed, Nootka Lupine, Northern Lights, Portage Glacier*

Transformation (cont.)

realignment of one's energy field with one's higher purpose—*Cattail Pollen, Ladies' Tresses, Sapphire, Sapphire/Ruby, Star Sapphire*
support during or after an emotional transformation—*Bog Candle, Chiming Bells, River Beauty*
support for the physical body during a transformation of any kind—*Fireweed*
support on all levels during transformation—*Soul Support*
to help pace a transformative experience—*Dwarf Fireweed*
when one feels stuck in the middle of a transformative process—*Fireweed Combo, Sticky Geranium*

Transition

moving through a transition without creating crisis or illness—*Hairy Butterwort*
patience during transition—*Polar Ice, Rock Spring*
peace and contentment during times of transition—*Cow Parsnip*

Trauma

brings a balancing and centering influence during or after a traumatic experience—*Jadeite Jade, Labrador Tea*
calming to the emotional body after it has suffered a recent trauma—*Emerald, White Fireweed*
gentle release of trauma without having to re-experience it—*Northern Lady's Slipper*
healing trauma after surgery—*Animal Care, Cotton Grass, Raspberry Rutile, Rhodolite Garnet, Soul Support*
healing trauma with unconditional love—*Tundra Twayblade*
helps with emotional reorientation after a traumatic event—*River Beauty, Rose Quartz*
release of trauma held in the cellular consciousness of the body—*Ladies' Tresses*
releasing trauma from all levels of the being—*Fireweed, Soul Support*
topical application where there has been a trauma to the body—*Cotton Grass*

Travel

for all aspects of travel—*Travel Ease*
helps one adapt to new surroundings more quickly—*Brazilian Quartz, Cow Parsnip, Green Jasper, Grove Sandwort*
helps one travel through time zones more easily—*Black Tourmaline, Chrysocolla*
helps us let go of stress and tension from traveling—*Dandelion, Labrador Tea*

Trust

creating new boundaries based on trust—*White Violet*
deep cleansing and healing through trust—*Bog Rosemary*
in oneself—*Prickly Wild Rose*
in the unknown and the unknowable—*Rock Spring, Round-Leaved Sundew, Star Sapphire*
lacking trust in the spiritual world—*Jacob's Ladder*

Truth

building an energetic foundation for one's life based on truth—*Pyrite*
grounding higher truth into one's personal experiences—*Alder*
grounding spiritual truth into the physical dimension—*Chalice Well, Scepter Amethyst*
increases one's access to Divine truth—*Citrine*
seeing through illusion—*Bladderwort, Diamond, False Hellebore*
standing tall in one's truth—*Cattail Pollen*

Vision

clarity of physical, mental, and spiritual sight—*Alder, Celestite, Cloudberry, Herkimer Diamond, Rainbow Hematite*
clarity of vision from a clear heart—*Green Fairy Orchid, Sphagnum Moss*

Vision (cont.)

clarity of vision from inner knowing—*Bladderwort, Lapland Rosebay*
 clearing inner vision so that one is aware of one's soul family—*Single Delight, Yellow Dryas*
 seeing through the illusion of separation—*Green Tourmaline*

Vulnerability

energetic—*Lavender Yarrow, White Violet, Yarrow*
 in crowded situations—*Devil's Club, Stone Circle*
 maintaining a quality of appropriate vulnerability—*Prickly Wild Rose*
 physical—*Pasque Flower*
 to powerful emotions—*Guardian, Hematite, Tiger's Eye*

Will

activation of personal will in its highest form—*Diamond*
 balancing personal will and Divine will—*Round-Leaved Sundew*
 bringing the power of the will into alignment with the heart and mind—*Bunchberry, Silver*

Wisdom

accessing wisdom contained in nature and the collective consciousness of the planet—*Black Spruce, Gigha Quartz, Turquoise*
 integration and embodiment of wisdom from past experiences—*Opium Poppy, Sitka Spruce Pollen, White Spruce*
 looking within for wisdom—*Lapland Rosebay*
 manifesting spiritual wisdom through the physical body—*Fairy Slipper*

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