

# 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 the 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 excerpted from the upcoming 3rd Edition of *The Essence of Healing* by Steve Johnson.

# Keywords by Essence Name

## Flower Essence Practitioner Kit

**Alder**—*Awareness, Clarity, Honesty, Perception, Seeing, Truth, Vision*

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

**Balsam Poplar**—*Abuse, Animals/Animal Care, Balancing, Childbirth, Massage Therapy/Body Work, Pre-Menstrual, Release, Sensuality/Sexuality, Strengthening*

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

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

**Blueberry Pollen**—*Abundance, Clutter Clearing, Gratitude, Limitation, Manifesting, Opening, Perception, Potential, Releasing*

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

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

**Bog Rosemary**—*Death & Dying, Fear, Guidance, Intuition, Opening, Resistance, Strengthening, Trust*

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

**Cassandra**—*Attunement, Communication, Listening, Meditation, Nature, Perception*

**Cattail Pollen**—*Alignment, Commitment, Courage, Death & Dying, Empowered/Empowerment, Protection, Truth*

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

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

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

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

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

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

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

**Forget-Me-Not**—*Fear, Guidance, Inner Child, Innocence, Releasing, Remembering, Spiritual*

**Foxglove**—*Cleansing, Energy, Fear, Heart, Limitation, Perception, Perspective, Releasing, Seeing*

**Golden Corydalis**—*Ancestral Healing, Communication, Creativity, Focus, Integration, Overwhelmed*

**Grass of Parnassus**—*Completion, Environment, Massage Therapy/Body Work, Meditation, Purification, Space Clearing*

**Green Bells of Ireland**—*Animals/Animal Care, Attunement, Childbirth, Children, Communication, Nature, Newborn*

**Green Bog Orchid**—*Awareness, Compassion, Energy, Gardening, Perception, Releasing*

**Green Fairy Orchid**—*Acceptance, Balancing, Energy, Heart, Vision*

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

**Hairy Butterwort**—*Authority, Change, Childbirth, Communication, Completion, Higher Self, Peace, Support, Transformation, Transition*

**Harebell**—*Energy, Heart, Limitation, Love, Resistance*

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

**Icelandic Poppy**—*Focus, Identity, Opening, Receptivity, Spiritual*

**Jacob's Ladder**—*Inspiration, Intention, Stress, Trust*

**Labrador Tea**—*Addictions, Balancing, Centering, Death & Dying, Emergency, Energy, Exhaustion, Overwhelmed, Perspective, Recovery, Stress, Trauma, Travel*

**Lace Flower**—*Abundance, Grace, Individuality, Release, Self-Appreciation, Strengthening*

**Ladies' Tresses**—*Alignment, Awareness, Childbirth, Children, Clarity, Death & Dying, Life Purpose, Rebirthing, Releasing, Shock, Transformation, Trauma*

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

**Lamb's Quarters**—*Balance, Flexibility, Heart, Inspiration, Integration, Intuition, Perspective, Surrendering*

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

**Moschatel**—*Attunement, Communication, Exhaustion, Gardening, Intuition, Opening, Nature, Perception*

**Mountain Wormwood**—*Anger, Compassion, Death & Dying, Father, Forgiveness, Freedom, Relationships, Releasing, Resentment, Surrendering*

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

**Northern Twayblade**—*Attunement, Awareness, Focus, Nature, Seeing, Sensitivity*

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

**Opium Poppy**—*Balancing, Exhaustion, Integration, Motivation, Perspective, Spiritual, Wisdom*

**Paper Birch**—*Alignment, Anxiety, Awareness, Clarity, Commitment, Confidence, Feminine, Honesty, Intention, Life Purpose, Meditation, Motivation, Perspective*

**Pineapple Weed**—*Animals/Animal Care, Awareness, Children, Communication, Freedom, Grace, Harmony, Mother, Newborn, Synchronization*

**Prickly Wild Rose**—*Apathy/Apathetic, Courage, Hope/Hopelessness, Joy, Optimism, Restoration, Trust, Vulnerability*

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

**Round-Leaved Sundew**—*Attachment, Change, Death & Dying, Ego, Guidance, Higher Self, Trust, Will*

**Shooting Star**—*Alienation, Ambivalence, Balance, Belonging, Childbirth, Death & Dying, Guidance, Isolation, Meditation, Rebirthing*

**Single Delight**—*Awareness, Belonging, Depression, Isolation, Light, Opening, Vision*

**Sitka Burnet**—*Ancestral Healing, Cleansing, Completion, Death & Dying, Freedom, Release*

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

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

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

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

**Sticky Geranium**—*Childbirth, Creativity, Focus, Intention, Lethargy, Limitation, Potential, Releasing, Space Clearing, Transformation*

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

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

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

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

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

**Tundra Twayblade**—*Abuse, Animals/Animal Care, Confusion, Heart, Love, Sadness, Shock, Suffering*

**Twinflower**—*Balance, Balancing, Clarity, Communication, Critical, Defensiveness, Listening, Overwhelmed, Public Speaking, Relationships*

**White Fireweed**—*Abuse, Alienation, Animals/Animal Care, Dental Care, Earth Healing, Grief, Pre-Menstrual, Recovery, Releasing, Sensuality/Sexuality, Shock, Suffering, Trauma*

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

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

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

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

**Willow**—*Flexibility, Joy, Manifesting, Releasing, Resilience, Resistance, Responsibility*

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

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

## Environmental Essence Kit

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

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

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

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

**Liard Hot Springs**—*Ancestral Healing, Creativity, Inner Child, 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, Patience, Support, Transition, Trust*

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

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

**Tidal Forces**—*Acceptance, Agitation, Balancing, Change, Grief, Loss, Overwhelmed, Pre-Menstrual, Releasing, Resilience, Space Clearing, Transformation*

## 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, Grounding, Lethargy, Pre-Menstrual, Resistance, Sensitivity*

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

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

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

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

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

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

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

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

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

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

**Fluorite Combo**—*Cleansing, Etheric, Focus, Purification, Regeneration, Synchronization*

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

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

**Hematite**—*Ancestral Healing, Boundaries, Centering, Clutter Clearing, Communication, 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*

**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, Etheric, Exhaustion, Light, Regeneration, Rejuvenation*

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

**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, Honest, Self-Esteem, Trust, Truth*

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

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

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

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

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

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

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

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

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

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

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

**Sugilite**—*Awareness, Communication, Feminine, Spiritual*

**Tiger's Eye**—*Anger, 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*

## Combination Formulas

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

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

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

**Fireweed Combo**—*Change, Dental Care, 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, 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, Restoration, Shock, Stress, Transformation, Trauma*

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

## Research Flower Essences

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

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

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

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

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

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

**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, 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, Protection, Sensitivity, Vulnerability*

**Lilac**—*Alignment, Grace, Spiritual, Support*

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

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

**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*

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

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

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

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

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

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

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

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

**Valerian**—*Agitation, Anger, Anxiety, Release*

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

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

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

**Yellow Violet**—*Communication, Confidence, Fear, Public Speaking*

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

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

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

**Diopside**—*Alienation, Critical, Grief, Releasing*

**Fire Opal**—*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, Exhaustion, Light, Rejuvenation*

**Larimar**—*Feminine, Nurturing, Protection, Safety*

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

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

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

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

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

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

**Silver**—*Alignment, Detoxification, Space Clearing, Will*

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

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

**Vanadinite**—*Energy, Light, Regeneration, Transformation*

**Vesuvianite**—*Alignment, Confidence, Grounding, Support*

## Research Environmental Essences

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

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

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

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

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

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

# Cross-Reference of Healing Qualities

## Abandonment

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

## Abundance

unconditional acceptance of abundance—*Bog Blueberry*  
releasing mental blocks to the experience of abundance on all levels—*Blueberry Pollen, Go-Create*  
increasing one's feeling of inner worth—*Columbine, Gold, Lace Flower, Sphagnum Moss, Starflower*

## Abuse

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

## Acceptance

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

## 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 addiction—*Nootka Lupine, Northern Coral Root, White Lupine*

## Agitation

calms emotional agitation—*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*  
calms agitation in animals—*Animal Care*

**Alienation**

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

**Alignment**

between physical, emotional, mental, and spiritual levels—*Malachite*  
 with Universal sources of energy and information—*Rutilated Quartz, Silver, Topaz*  
 with the power of one's personal truth—*Cattail Pollen*  
 deep realignment with one's highest purpose in life—*Ladies' Tresses*  
 restores alignment between the spiritual and physical bodies—*Ruby, Sapphire/Ruby*  
 energetic alignment with Divine purpose—*Celestite, Diamond, Paper Birch, Sapphire, Star Sapphire*  
 of the energetic relationships between the chakras—*Brazilian Quartz, Gigha Quartz, Lilac*  
 strengthens central vertical alignment—*Amber, Vesuvianite*

**Ambivalence**

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

**Ancestral Healing**

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

**Anger**

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

**Animals / Animal Care**

treating shock and trauma in animals—*Animal Care, Fireweed, River Beauty, Sweetgrass, White Fireweed, Soul Support*  
 healing the effects of abuse—*Balsam Poplar, Cotton Grass, Tundra Twayblade*  
 support for the newborn—*Green Bells of Ireland, Peridot, Spiraea, White Violet*  
 for treating rescued animals—*Animal Care*  
 helps establish a nurturing bond between mothers and their offspring—*Grove Sandwort, Pineapple Weed, Pregnancy Support*  
 helps humans and animals release their fear of other animals—*Bog Rosemary, Monkshood, Soapberry*  
 supports the healing process after surgery—*Cotton Grass, Northern Lady's Slipper, Opal, Rhodolite Garnet*  
 helps humans communicate with their animals—*Horsetail*

### **Anxiety**

calms mental anxiety—*Aquamarine, Blue Topaz, Goatsbeard, Valerian*  
from being overwhelmed—*Paper Birch, Purple Poppy, Red Elder, Stinging Nettle*

### **Apathy/Apathetic**

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

### **Attachment**

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

### **Attunement**

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

### **Authority**

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

### **Awareness**

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



**Awareness (cont.)**

of one's highest spiritual potential—*Scepter Amethyst*  
 clearing and focusing awareness to deepen one's connection with the plant kingdom—*Comandra, Green Bog Orchid, Northern Twayblade*

**Balance**

in the expression of the masculine, in men or women—*Sunflower*  
 in communication—*Azurite, Twinflower*  
 of logic and intuition—*White Spruce*  
 of masculine and feminine expressions of power—*Sitka Spruce Pollen, Star Gentian*  
 between the heart and the mind—*Apophyllite, Lamb's Quarters, Wild Rhubarb*  
 between the giving and receiving qualities of love—*Watermelon Tourmaline*  
 between the celestial and the physical—*Sapphire/Ruby, Shooting Star*  
 maintaining balance during times of rapid transformation—*Fireweed Combo, Purple Poppy, Round-Leaf Orchid*  
 the relationship between the 1st and 7th chakras—*Black Tourmaline/Master Quartz*

**Balancing**

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

**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**

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

**Centering**

helps one hold their center during intense experiences—*Jadeite Jade, Labrador Tea, Red Elder, Round-Leaf Orchid*

## Centering (cont.)

emotional centering—*Blue Elf Viola, Hematite, Tiger's Eye*  
awareness of how everything is connected to our center—*Chocolate Lily*

## Change

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

## Childbirth

support for mother and child during and immediately after the birth—*Grove Sandwort, Spiraea, Peridot*  
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*  
helping the newborn feel safe and welcome on the Earth—*Angelica, Green Bells of Ireland, Mangano Calcite, Shooting Star*  
support for moving from one stage of delivery to the next—*Hairy Butterwort, Sticky Geranium*

## Children

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

## Clarity

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

**Cleansing**

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

**Clutter Clearing**

helps us release mental and emotional energy attached to the clutter—*Hematite, Purification*  
 helps us let go of what is inessential—*Typhoon, Winter In August*  
 for extreme clutter that has taken over the house—*Devil's Club*  
 for holding onto stuff because of fear of not having enough—*Blueberry Pollen, Bog Blueberry*  
 for establishing new boundaries with our belongings so we don't attract more clutter in the future—*One-Sided Wintergreen*  
 seals the energy space after the Clutter Clearing process is completed—*Guardian*

**Commitment**

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

**Communication**

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

### **Compassion**

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

### **Completion**

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

### **Confidence**

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

### **Confusion**

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

### **Consciousness**

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

### **Courage**

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

### **Creativity**

sharing one's creativity freely with others—*Wild Iris, Wild Sweet Pea*  
opening up 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, Liard Hot Springs, Opal, Orange Calcite, Spectrolite, Stone Circle*  
helps one tap into one's inner truth, joy, and wisdom as a source of creative power—*Goatsbeard, Gold*  
helps focus and concentrate one's creative energies—*Green Tourmaline/Smoky Quartz*

**Critical**

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

**Death & Dying**

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

**Defensiveness**

emotional defensiveness—*Sweetgale*  
 defensive or reactive communication—*Stinging Nettle, Twinflower*

**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**

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

**Detoxification**

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

**Devotion**

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

**Earth Healing**

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

**Ego**

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

## **Emergence**

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

## **Emergency**

maintaining balance on all levels during and after an emergency—*Cotton Grass, Fireweed, 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**

from a clear vision of one's personal truth—*Cattail Pollen*  
by one's connection to the sacred feminine—*Ladies' Mantle*  
helps one maintain a strong sense of self when dealing with powerful emotions—*Hematite, Tiger's Eye*  
empowerment through knowing and feeling one's true value—*Cloudberry, Gold*  
remaining true to one's values despite peer pressure—*Pyrite*

## **Energy**

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

## **Environment**

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

## **Etheric**

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

## **Exhaustion**

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

**Father**

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

**Fear**

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

**Feminine**

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

**Flexibility**

helps one embody an attitude of flexible mind and resilient understanding—*Willow*  
 contacting the inherent flexibility of the body—*Amber*  
 mental flexibility—*Chrysocolla, Lamb's Quarters, Wild Rhubarb*  
 gaining flexibility through the release of emotional blockages—*Dandelion, Potato*

**Flying**

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

**Focus**

focusing attention in the present moment—*Rutilated Quartz, Star Ruby*  
 creating a positive focus for personality growth—*Golden Corydalis*  
 maintaining a spiritual focus in life—*Icelandic Poppy*  
 focused release of creative energy—*Sticky Geranium, Wild Iris*  
 focused release of resistance—*Greenland Icecap*  
 increasing one's mental focus by bringing the mind into alignment with Divine will—*Bunchberry, Citrine, Easy Learning*  
 focus energy for healing—*Lady's Slipper, Northern Lady's Slipper*

### **Focus (cont.)**

focusing our awareness in order to sense subtle energies residing in nature—*Northern Twayblade*  
maintaining focus in one's healing process when many issues are coming up for consideration—*Fluorite Combo*

### **Forgiveness**

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

### **Freedom**

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

### **Frustration**

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

### **Gardening**

helps transplanted seedlings establish new roots of communication with the Earth—*Grove Sandwort, Peridot*  
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*  
helping plants recover from frost or animal damage—*Soul Support*  
opens one's awareness to the plant kingdom—*Comandra, Green Bells of Ireland, Green Bog Orchid*

### **Grace**

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

### **Gratitude**

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

### **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 body during the grieving process—*River Beauty, Tidal Forces, White Fireweed*

### **Grounding**

grounding old energy patterns from the body—*Fireweed, Glacier River, Green Tourmaline/Smoky Quartz*  
strengthens the connection between the 1st chakra and the Earth—*Black Tourmaline, Crowberry, Fireweed Combo, Ruby*



**Grounding (cont.)**

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

**Guidance**

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

**Harmony**

- between mothers and children, children and the Earth—*Grove Sandwort, Pineapple Weed, Pregnancy Support*
- between human power and the power of the Earth—*Soapberry*
- between the heart chakra and the green energy frequency of the planet—*Chrysoprase*
- between the mental body and higher spiritual laws—*Citrine*
- between personal and Divine will—*Diamond, Jacob's Ladder*
- between the four levels of being: physical, emotional, mental, spiritual—*Malachite*
- between the masculine and feminine energies in men and women—*Solar Eclipse*
- harmonizing the auric field and the physical body to the Earth's natural vibration—*Brazilian Quartz, Smoky Quartz*

**Heart**

- opening our hearts to the experience of Unconditional Love from within—*Bleeding Heart, Harebell*
- opening the heart through unconditional self-acceptance—*Alpine Azalea*
- developing the green, earthly dimension of the heart chakra—*Chrysoprase*
- developing the pink, spiritual dimension of the heart chakra—*Kunzite*
- releasing sadness, pain, and constrictions held deep in the heart—*Celestite, Foxglove, Green Bog Orchid, Pink Quartz, Rose/Smoky Quartz, Tundra Twayblade*
- accessing information through the heart before interpreting it with the mind—*Lamb's Quarters*
- core re-patterning of the heart energies—*Northern Lights*
- opening the heart to a greater flow of creative giving—*Green Tourmaline/Smoky Quartz, Yellow Paintbrush*
- clearing the channel of communication between the heart and mind—*Wild Rhubarb*
- releasing muscle tension centered around the heart—*Foxglove, Soapberry*
- experiencing oneness through a deep cleansing of the heart—*Green Fairy Orchid, Green Tourmaline*
- improving the flow of emotional communication through the heart—*Amazonite, Apophyllite*
- opening the heart to allow a greater experience of love in the physical body—*Emerald*
- increasing energy, balance, and stability in the heart chakra—*Aventurine, Mangano Calcite, Montana Rhodochrosite, Rhodochrosite, Rose Quartz, Round-Leaf Orchid, Watermelon Tourmaline*

### **Higher Self**

strengthening one's energetic connection with—*Brazilian Amethyst, Jacob's Ladder, Moldavite, Scepter Amethyst, Tundra Rose, White Violet*

trusting in the wisdom of the higher self—*Brazilian Amethyst, 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/create community—*Wild Sweet Pea*

### **Honesty**

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

### **Hope/Hopelessness**

restores a belief in miracles—*Augustine Volcano, Rock Spring*

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 the entire web of life on this planet—*Calling All Angels, Chalice Well*

### **Identity**

expansion and clarification of one's true identity throughout cycles of change—*Icelandic Poppy, Sunflower, Yellow Dryas*

building a strong projection of one's identity—*Columbine, Monkshood*

confidence from knowing one's true identity—*Tamarack*

strengthens one's ability to act from a clear sense of personal identity—*Carnelian, Topaz*

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*

### **Impatience**

with change and wanting to rush into things—*Polar Ice*

calms mental impatience and preoccupation—*Aquamarine*

### **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**

gentle support for the healing of core traumas—*Dwarf Fireweed, Emerald, Northern Lady's Slipper*

release of anger and frustration from the inner child—*Blue Elf Viola*

moving the focus from pain to healing—*Cotton Grass*

getting back in touch with one's original innocence—*Forget-Me-Not, Liard Hot Springs*

directing healing energy to the inner child—*Lady's Slipper*

strengthening communication with the Earth mother—*Grove Sandwort*

connecting to and nurturing one's inner child—*Rose Quartz, Sweetgale*

**Inner Child (cont.)**

helps the inner child forgive past hurts—*Mountain Wormwood*  
 creating a place of safety within the heart—*Calling All Angels, Montana Rhodochrosite*

**Innocence**

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

**Inspiration**

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

**Integration**

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

**Intention**

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

**Intimacy**

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

**Intuition**

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

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

### **Joy**

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

### **Judgment**

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

### **Lethargy**

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

### **Life Purpose**

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

### **Light**

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

### **Limitation**

releasing tension around the heart resulting from limiting belief systems—*Foxglove*  
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*

**Listening**

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

**Loss**

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

**Love**

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

**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, Gold, Wild Iris*

**Masculine**

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

**Massage Therapy/Body Work**

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*  
 releasing energy blockages and improving energy flow throughout the body—*Fluorite, Grass of Parnassus, Lady's Slipper, Pearl, Potato, Smoky Quartz, Tourmalated Quartz*  
 sealing energy breaks in the aura—*Comfrey, Rhodolite Garnet, Yarrow*

**Meditation**

quieting the mind and preparing oneself for meditation—*Aquamarine, Cassandra, Horsetail, Polar Ice*  
 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*

**Mother**

strengthening the mother principle—*Bog, Grove Sandwort, Pineapple Weed*  
 opening the heart to the Divine Mother—*Chiming Bells, Emerald*

### **Mother (cont.)**

support for becoming a mother—*Pregnancy Support*

helps the single mother find balance between mothering and fathering—*Solar Eclipse*

### **Motivation**

opening to higher sources of motivation, especially in one's writing and speaking—*Tundra Rose*

balancing one's motivation with an awareness of what has already been accomplished—*Opium Poppy*

motivation from a clear awareness of purpose—*Paper Birch*

### **Nature**

opening to the light and intelligence in nature—*Green Bells of Ireland, Green Garnet, Green Tourmaline*

learning to be nurtured and supported by nature—*Spiraea*

establishing bonds of communication with nature—*Cassandra, Grove Sandwort*

releasing fears of the power of nature—*Soapberry*

awareness of the angelic kingdom in nature—*Alpine Azalea, Chiming Bells*

helps one feel at home in nature—*Chrysoprase*

awareness of the subtler aspects of nature—*Comandra, Moschatel, Northern Twayblade*

### **Newborn**

helps newborn babies greet the Earth—*Green Bells of Ireland*

help in establishing bonds of communication with the mother and the Earth—*Grove Sandwort, Pineapple Weed*

support and protection for the newly born—*Covellite, Guardian, Peridot, White Violet, Yarrow*

### **Nurturing**

learning to nurture and be nurtured unconditionally—*Spiraea*

supports the practice of nurturing between mother and child—*Grove Sandwort, Pregnancy Support*

helps the inner child receive nurturing from the Divine Mother and from the Earth—*Emerald, Northern Lady's*

*Slipper, Rose Quartz*

helps us learn how to receive nurturing without struggle—*Larimar*

### **Opening**

opening and maintaining a spiritual focus in life—*Icelandic Poppy*

opening one's heart to the spirit of angelic love—*Alpine Azalea, Angelica, Kunzite*

opening one's mind to the experience of abundance—*Blueberry Pollen*

opening channels of communication with higher sources of energy and information—*Lapis Lazuli, Rutilated Quartz*

to the omnipresence of light—*Single Delight*

to the active, masculine flow of energy—*Solstice Sun, Sunflower*

to higher sources of motivation—*Tundra Rose*

opening to share more of what one has to offer—*Apophyllite*

an intuitive connection with the plant kingdom—*Comandra, Moschatel*

opening energy channels to receive healing energy—*Lady's Slipper, Northern Lady's Slipper*

opening the heart to healing through trust—*Bog Rosemary*

### **Optimism**

helps to restore an optimistic outlook on life—*Chiming Bells, Goatsbeard, Prickly Wild Rose*

**Oversensitive**

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

**Overwhelmed**

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

**Patience**

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

**Peace**

through understanding one's true nature—*Chiming Bells, Jadeite Jade*  
 peace of mind during times of change—*Cow Parsnip*  
 peace from an awareness of Divine support—*Bog Candle, Chalice Well, Hairy Butterwort*  
 realizing peace by letting go of what is inessential—*Winter In August*

**Perception**

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

**Perspective**

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

**Potential**

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

## Power

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

## Pre-Menstrual

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

## Protection

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

## Public Speaking

for fears of—*White Violet*  
promotes clear communication—*Fairy Slipper, Twinflower, Tundra Rose, Yellow Violet*

## Purification

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

## Purity

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

## Rebirthing

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



**Receptivity**

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

**Recovery**

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

**Regeneration**

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

**Rejuvenation**

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

**Relationships**

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

**Release**

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

## Releasing

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

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

## Resilience

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

## Resistance

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

## Responsibility

helps one take responsibility for why they have incarnated—*Sapphire*  
taking responsibility for the reality that one has created—*Willow*

**Responsibility (cont.)**

taking responsibility for one's personal power and how it is expressed in the world—*Sitka Spruce Pollen, Soapberry*

**Restoration**

of equilibrium and a nurturing flow of energy 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**

helps us release deep sadness from the body—*Cinnabar, Ladies' Mantle, Tundra Twayblade*

brings peace and joy to those who are lost in sadness—*Chiming Bells, Orange Calcite, Pink Quartz, River Beauty*

**Safety**

helps one to create safety in the heart—*Devil's Club, Mangano Calcite*

helps one relax and receive nurturing without struggle—*Larimar*

helps one find peace, protection, safety, and security through the release of fear—*Enchanter's Nightshade*

**Security**

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

**Seeing**

through perceptual constrictions to the heart of the matter—*Foxglove*

with unconditional love—*Sphagnum Moss*

without distortion—*Lapland Rosebay*

through illusion to the truth—*Bladderwort*

beyond our normal range of perception—*Alder, Herkimer Diamond, Northern Twayblade*

**Self-Appreciation**

of one's beauty, regardless of how it differs from other's—*Columbine*

of one's unique contribution to the evolution of humanity—*Lace Flower*

of our creative abilities—*Wild Iris*

**Self-Esteem**

from knowing one's abilities—*Tamarack*

from a clear sense of one's identity—*Cloudberry, Gold, Tiger's Eye, Topaz*

from solidifying one's value system—*Pyrite*

**Sensitivity**

support and protection for those who are highly sensitive—*Covellite, Guardian, Lavender Yarrow, One-Sided Wintergreen, Pasque Flower, White Violet, Yarrow*

grounding one's sensitivity into physical experience—*Comandra, Northern Twayblade, Stinging Nettle*

balances and harmonizes sensitivity during menstruation—*Moonstone*

lack of emotional sensitivity—*Bloodstone, Sweetgale*

## Sensuality/Sexuality

synchronizing sexual energy with planetary cycles and rhythms—*Balsam Poplar*  
restores earthly sensuality and healthy sexuality—*Green Jasper, Ladies' Mantle*  
clearing negative programming around sexuality—*White Fireweed*  
for over-sensitivity to physical touch—*Pasque Flower*

## Shock

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

## Space Clearing

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

## Spiritual

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

## Strengthening

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

## Stress

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

**Suffering**

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

**Support**

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

**Surrendering**

the power of the mind to the joy of the heart—*Lamb's Quarters*  
 the pain from old wounds—*Cotton Grass*  
 unforgiven areas in our relationships with others and with the self—*Mountain Wormwood*  
 inappropriate mental control over the events of life—*Jacob's Ladder*  
 to the timing of one's inner processes—*Greenland Icecap, Polar Ice*

**Synchronization**

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*  
 gaining safety and freedom from risk through a synchronization of mind and body—*Pineapple Weed*

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

**Transition**

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

## Trauma

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

## Travel

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

## Trust

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

## Truth

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

## Vision

clarity of physical, mental, and spiritual sight—*Alder, Celestite, Cloudberry, Herkimer Diamond, Rainbow Hematite*  
clearing inner vision so that one is aware of the presence of one's soul family—*Single Delight, Yellow Dryas*  
seeing through the illusion of separation—*Green Tourmaline*  
clarity of vision from inner knowing—*Bladderwort, Lapand Rosebay*  
clarity of vision from a clear heart—*Green Fairy Orchid, Sphagnum Moss*

## Vulnerability

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

**Will**

bringing the power of the will into alignment with the heart and mind—*Bunchberry, Silver*

activation of personal will in its highest form—*Diamond*

balancing personal will and Divine will—*Round-Leaved Sundew*

**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*

manifesting spiritual wisdom through the physical body—*Fairy Slipper*

looking within for—*Lapland Rosebay*