



Medicinal Herb Set - Flower Essence Practitioner Kit

The Medicinal Herb Set is our core flower essence collection and includes 72 essences made from the flowers of traditional healing herbs, using the sun infusion method pioneered by Dr. Edward Bach in the 1930s. This set supports a wide array of issues, and we recommend it as an essential toolkit for all flower essence practitioners.

The following essence definitions are a culmination of “plant attunements” and data collected over years of case research. Many of the essences in this set are explored in greater depth in David Dalton’s book, *Stars of the Meadow*.

Each essence entry includes the plant’s scientific name, flower color, elemental signature and area of influence.

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Arnica (*Arnica montana*) - yellow, air/earth/fire

Provides stability and grounding for those who are in shock or have incurred recent trauma; resonant with bones and joints

Astragalus (*Astragalus membranaceus*) - yellow, air/earth/fire

Provides protection and support during times of trial, challenge or intense activity; seals and reinforces the personality during assault

Bellflower (*Campanula americana*) - blue, air/earth

Helps us trust ourselves and our inner guidance and intuition; helps develop certainty in our inner life

Blackberry Lily (*Belamcanda chinensis*) - orange and red, air/fire

For unconscious or unresolved problems in the past concerning close relationships; for healing deep fears around sexuality and releasing repressed sexual trauma

Black Cohosh (*Cimicifuga racemosa*) - white, air/earth

Eases fears of violence; relieves fears of strong personalities and of being hurt

Black Currant (*Ribes nigrum*) - yellow, air

For deep fears related to identity shifts and crises; for the fear of non-existence or losing the ego; for fears related to abandonment

Blessed Thistle (*Carduus benedictus*) - red and yellow, fire
Eases fears of life and moving with life; soothes guilt and fear of punishment; enhances feelings of enjoying life; relaxes stress in the stomach area; alleviates fear of forces beyond our control

Bloodroot (*Sanguinaria canadensis*) - white, air/earth
Helps to warm and settle scattered energy, allowing for deep healing to take place; strengthens higher guidance to support clarity and certainty about life direction and daily choices; focuses spiritual goals into practical realities

Bluebell (*Mertensia virginica*) - blue, air/earth
Provides access to more positive aspects of the personality; for those who dwell in the negative and cannot cycle out of cynicism; for grumpiness, withdrawal or aloofness

Blueberry (*Vaccinium cyanococcus*) - white, air/earth
Provides the concentration necessary for challenging tasks and situations; resonant with the back of the neck and the third eye

Blue Vervain (*Verbena hastata*) - blue, air/earth
For leaders, role models or providers; for Type A personalities or lifestyles; for workaholics and very busy, responsible people who have difficulty relaxing

Boneset (*Eupatorium perfoliatum*) - white, air/earth
Addresses fear of loss, fear of aging and nostalgia; warrior spirit develops

Borage (*Borago officinalis*) - blue, air/earth/fire
Gives peace, lightness and courage; brings relief to burden, depression, melancholy or fatalism

Bull Thistle (*Cirsium vulgare*) - purple, air/earth/fire
Strengthens anchoring forces and releases fears of being trapped in places or situations; eases fears of being controlled by others

Butterflyweed (*Asclepias tuberosa*) - orange, air/fire
A remedy for love addiction; helps those who cannot commit to long-term relationships; for fear and sadness when initial stages of being in love shift

Canada Thistle (*Cirsium arvense*) - pink, air/earth/fire
Supports letting go of pain, guilt or trauma that has been group or family inflicted

Celandine (*Chelidonium majus*) - yellow, air/earth

Enhances many aspects of communication; for self-expression and receiving inspiration or higher thought; for communication blocks and misunderstandings

Cilantro (*Coriandrum sativum*) - white, air/earth

Uplifts and helps with letting go; enhances gratitude and living in the moment

Clary Sage (*Salvia sclarea*) - white, earth/fire

For fear of risk, new cycles or challenges

Codonopsis (*Codonopsis pilosula*) - purple, air/earth

Offers assistance in facing inner challenges and dealing with inner paradoxes; helps us face our weaknesses and our dark side

Columbine (*Aquilegia vulgaris*) - white, air

Provides insight into our true identity and highest purpose; helps those who feel uncertain or lost in life's choices

Comfrey (*Symphytum officinale*) - purple, air/earth/water

Brings forward repressed parts of the self; opens feelings, memories and parts of the physical that the subconscious shuts down

Elecampagne (*Inula helenium*) - yellow, air/earth

Helps us identify more deeply with newly discovered power and beauty in ourselves; for balancing and integrating new experiences of spirituality; use when new feelings, talents and insights are awakened

Figwort (*Scrophularia nodosa*) - red, air/earth

A remedy for rebellious and antisocial personalities; helps with impulses of aggression; for those who do not or do not want to fit in

Fraxinella (*Dictamnus albus*) - purple, fire

For completion, purification and insight; for endings and beginnings; for use after a recent trauma or for the final stages of healing a past trauma; ushers in a transformative energy to help with lingering confusion or pain

Geranium (*Geranium maculatum*) - pink, air/earth

Helps bring about a cheerful nature; good for children who are downcast and adults who are prone to worry

Golden Amaranthus (*Amaranthus hypochondriacus*) - orange and yellow, air/earth/fire

Helps us learn to let go of over-control and become aware of the power of the higher self; for tuning into the ease of life and developing ways to flow with the currents; for letting go of fear during transitions

Goldenseal (*Hydrastis canadensis*) - white, earth/fire

Helps release old patterns; cleanses the mental body of subconscious debris; supports those developing new habits or resolutions; eases obsession

Gravel Root (*Eupatorium purpureum*) - pink, air/water

Helps those who suffer from loneliness or fear being alone; helps with anxiety over friendships and relationships

Habanero Pepper (*Capsicum chinense*) - white, earth/fire

Holds us in connection to the physical during emotional work; prevents separation, drifting, vertigo; promotes clarity and presence, at the same time allowing movement of repressed feelings

Hemp Agrimony (*Eupatorium cannabinum*) - purple, air/earth

Enhances the awareness of the interconnectedness of all things through the heart; eases feelings and perceptions of aloneness and disconnectedness

Horseradish (*Armoracia rusticana*) - white, air/earth/fire

Allows old, recurring thoughts to come forward for action, release or manifestation; helps us feel more power to act and discard patterns of obsessive thinking

Horsetail (*Equisetum arvense*) - grey, air/earth/water

Helps develop our spiritual identity; for assistance in finding a soul group; for groups working on spiritual issues

Huichol Tobacco (*Nicotiana langsdorffii*) - green and blue, air/earth/fire

Helps align thinking and action with core beliefs and principles; helps balance the subconscious; excellent remedy to support change

Hyssop (*Hyssopus officinalis*) - blue, earth/fire

Releases guilt; helps those who have built personalities and lifestyles around guilt imprints; reawakens impulses of worthiness and receiving

Indian Pipe (*Monotropa uniflora*) - white, air/earth/water

Expands awareness of the presence of universal love; for developing a sensitivity and receptivity to a higher love vibration; helps us see and feel the love in every moment; for stages when we feel unloved

Indian Tobacco (*Nicotiana rustica*) - yellow, air/earth

Helps to steady irrational fears or confusions; keeps balance in the mental body during expanded states; for treating subconscious fears of spirituality

Jack-in-the-Pulpit (*Arisaema triphyllum*) - green and red, water
For developing authentic spirituality; helps us resolve conflicts between past spiritual experiences and present spiritual insight

Japanese Knotweed (*Polygonum cuspidatum*) - white, air/earth/fire
Enhances group awareness, sensitivity and telepathy; provides energy, calmness and insight; enhances group experience and ceremony

Jewelweed (*Impatiens capensis*) - orange, air/fire/water
For fear of closeness and fear of being touched; for fears surrounding sexuality

Lady's Mantle (*Alchemilla vulgaris*) - yellow, air/earth/fire/water
Supports integrity and certainty in our sense of self; supports clarity of purpose, emotions and thought; for renewal of life purpose

Lemon Balm (*Melissa officinalis*) - yellow and white, air/earth
Allows for deeper relaxation; helps us enter an alpha state more easily; useful in combination with remedies that initiate movement or stir emotion

Lilac (*Syringa vulgaris*) - purple, air/earth
For uprightness and lightness; helps those who burden themselves and refuse help from others; also for those who are overly dependent on others

Lobelia (*Lobelia siphilitica*) - blue, air/earth/fire
For courage in speaking the truth about ourselves; for shyness or shame around expressing our sexual nature

Loostrife (*Lythrum salicaria*) - purple, water
A remedy for those who feel stunned and shell-shocked; helps with isolation and loneliness; a good remedy for grief and loss

Lousewort (*Pedicularis canadensis*) - red and yellow, air/earth/fire
Helps change attitudes and expectations from probabilities to possibilities; for learning to live in a new paradigm

Lovage (*Levisticum officinale*) - green and yellow, air/fire
Helps us move into the world with a sense of safety and joy; for developing a sense of exhilaration in walking our path; boosts confidence in taking action

Lungwort (*Pulmonaria officinalis*) - blue and pink, air

Helps to strengthen the lungs as a vehicle to release trauma, tension and deep feelings, and to bring life energy into the system; a companion to breath-work, rebirthing yoga, kundalini or breathing meditation

Mariposa Lily (*Calochortus leichtlinii*) - white and burgundy, air/earth/water
Helps to reset patterns caused by a core traumatic issue or experience; resonant with water systems in the body

Marshmallow (*Althaea officinalis*) - pink and purple, air
Supports feelings of social ease and helps us relate to those we do not like; keeps the emotional body soft and fluid when we are hurt or angry

Meadow Rue (*Thalictrum rochebruneanum*) - pink and yellow, air/earth
For redemption of the personality; for transformation and self-forgiveness

Milk Thistle (*Carduus marianus*) - purple, air/fire/water
For letting go of deep anger, resentment and other held feelings that block the flow of love; helps us forgive those who have hurt us

Missouri Primrose (*Oenothera missouriensis*) - yellow, air/earth/fire
For developing worthiness or self-esteem; helps those who cannot recognize or utilize their own power; for those who will not take in their own value

Motherwort (*Leonurus cardiaca*) - pink, air/earth/fire
For strength, assertiveness and setting healthy boundaries; for softening hardened personalities

Onion (*Allium cepa*) - white, air/earth/fire/water
Releases sadness; helps in all phases of the grieving process; helps children deal with disappointment

Pink Amaranthus (*Amaranthus hypochondriacus*) - pink, air/earth/fire
Helps with relationship fears; for confidence when entering new relationships

Pink Lady's Slipper (*Cypripedium acaule*) - pink, air/earth
Helps us realize the beauty of our earth and human natures; for added strength in expressing our special gifts

Plantain (*Plantago major*) - purple, air/earth/fire
Cleanses a congested emotional body; for understanding and processing subconscious emotional blocks; for emotional amnesia

Potato (*Solanum tuberosum*) - white and yellow, air/earth

Brings a sense of grounding and stability; valuable in the growth process, providing a deep reference point of self; useful when new experiences pull us off center

Queen of the Meadow (*Filipendula rubra*) - pink, air/earth

For acceptance of our power, place, stature or authority; for those who resist their own advancement in position or title because of fear or prejudice

Scarlet Pimpernel (*Anagallis arvensis*) - red, air/earth/fire

Catalyzes movement in the emotional body; ideal for working with subconscious blocks or past trauma; eases obsession, anxiety and fears

Scullcap (*Scutellaria lateriflora*) - blue, air

Increases awareness of our intuitive responses to others; helps us to feel and know another's point of view; enhances empathy in the healing process

Solomon's Seal (*Polygonatum odoratum*) - white, air/earth

For those who are easily frustrated; eases disappointment; for perfectionist-type personalities or those with overly high standards

Star Jasmine (*Trachelospermum jasminoides*) - white, air

Helps lighten feelings of somberness, heaviness or fatigue; helps with types of depression from feeling overburdened; brings the joy of spirit closer to the physical; a lightener in essence combinations

Stinging Nettle (*Urtica dioica*) - green, earth/fire

For releasing pain and grief related to partings and endings; for those who are often in conflict with others; for healing deep hurt from abandonment

Sumac (*Rhus glabra*) - green and red, air/fire

Brings a gentle strength and stamina to the system; assists in maintaining a connection with the heart during difficult phases and transitions in recovery; good for those who feel that they have somehow missed life or have been passed by

Teasel (*Dipsacus sativus*) - purple, air/fire/water

For imbalances in giving and receiving; heals energy leaks in the chakra system and helps us hold and maintain our energy; for emotional pain that causes energy depletion

Valerian (*Valeriana officinalis*) - white, air/earth

Allows the psyche to absorb new information; for use in negotiations or in therapy when there is resistance to change

Water Lily (*Nymphaea odorata*) - white, air/earth/water

For those who attract drama; for over reliance on acting out extreme emotional states for control; for emotional ease

Wild Bergamot (*Monarda fistulosaa*) - pink, air/earth/fire

Addresses fear of anger and brings repressed anger to the surface; helps those who feel cold; helps us connect with passion and enthusiasm

Wood Betony (*Stachys officinalis*) - purple, air/earth

Helps clarify deeper meanings of relationship, friendship and sexuality; for those who prefer to be alone but are working on authentic ways to connect with others

Wormwood (*Artemisia absinthium*) - yellow, air/fire

For breaking down and moving out old patterns that have attached to the personality; for working with obsessions and clearing psychic toxins from the energy field

The information provided here is intended to guide further research. Delta Gardens makes no claims that the essences in the Medicinal Herb Set can affect any physical, mental or emotional healing. Essences should not be used as a substitute for professional medical evaluation and care.

For more information about the Medicinal Herb Set, contact us at:
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