PEACE Rose  Let anger and fear from a physical or emotional injury melt away. Reorient toward love, joy and deep peace.

PEARL EVERLASTING Through the outer boundary of your energy fields, this 3rd eye, crown and star chakras, resonate with the Universe. Restores cellular memory of Divine Awareness and releases anything in the way of this.

PENNYROYAL Cycles through the light/flight/freeze response and returns your nervous system to support your higher purpose.

PINK HOLLYHOCK Once your heart has healed, a world of interconnectedness with everyone & everything opens up to you. Relax into the soothing, peaceful joy within your open heart and let your genuine confidence shine forth.

PINK WILD HONEYSUCKLE Restores childlike joy, playfulness, innocence, and openness. Gently instigates being enthralled with the magic in each moment.


PURPLE MONARDIA Assists receiving information from spiritual realms and shifting your attitudes, beliefs and behaviors to be in sync with the upgrades in human consciousness.

PURPLE PASSION ROSE Assists transmuting interwoven karmic patterns and fulfilling your current life purpose.

RATTLE SNAKE PLANTAIN ORCHID Supports feeling at home in your body through being grounded in Mother Earth.

RED ALDER TREE Restores healing “nutrients” to “dissimilizes” of the intestines, reproductive organs & lower back.

RED CLOVER Encourages peaceful ease while transforming lower frequency emotions and stepping into expanded states of consciousness.

RED EDELWEISS Let your light shine! Raise your vibration by embodying your Higher Aspects.

RED-FLOWERING CURRANT Ignites loving power to joyfully transform what you most fear. Encourages forgiveness and knowing that all is in alignment with your soul’s purpose.

RED HUCKLEBERRY Reorganizes brain functions for easier comprehension of both the multidimensional and daily-life-on-Earth aspects of making plans, creating tasks and putting them into action. Engenders patience during this process.

RED-OISER DOGWOOD Cell body coherence during your evolutionary process.

RED SHISH Heartfully and joyfully come into alignment with the dance of moon, sun and planetary cycles. Harmonize with the seasons of planting and reaping your conscious desires.

RHODODENDRON Opens the 3rd eye chakra and enhances energetic sight. Regulates the pineal gland physically, mentally and psychically.

ROSA RUGOSA Inspires hope, optimism and resilience during the ups and downs of life.

ROSE CAMPION Shifts lineage patterns of playing the victim, enabler and perpetrator roles. Heals the multi-generational wounds that opens access to the essence of the ancestors.

ROSEMARY Inspire yourself! Raise your energy for life through connecting with the Universal Life Force.

RUBY HELLEBORE Resilience of the heart. In times of intense sorrow, heartache and hopelessness brings a sense of being safe and protected. Instills courage, deep peace and gentle joy.

SALAL Walk the beauty way. Seeing beauty in the simple things in life while keeping attention your spiritual process.

SALMON BERRY Courage for taking advantage of opportunities life presents that are not convenient and you feel resistant. Connect to your higher purpose & take action anyway.

SAN JUAN MUDWORT Supports experiencing how spiritual dimensions interface with 3D reality.

SASKATONI Assists whole brain functioning at the new higher frequencies. Stabilizes thinking clearly, orienting in space, emotions & body metabolism. Be peacefully embodied.

SELF-HOUL Aligns all of the chakras increasing your ability to download spiritual frequencies & integrate them easily. Facilitates grounding into resonance with the Earth’s heartbeat.

SHORE PINE TREE By the authority of my Soul! Instills mental, emotional, and body confidence to integrate conscious awareness with all of your dimensional bodies. Heals past life experiences keeping you in fear of owning your Divine Authority.

SKULLCAP Facilitates full connection and integration of the spiritual with the physical, the personal with the higher.

SKUNK CABBAGE Creates sunshine from muck. Works through the large intestine to release constipated energy.

SNOWBERRY Emotional Freedom! Declare Freedom from ALL previous emotional trauma! Declare this from your soul level & your whole being! Now is the time! How will you live everyday?

SOAPBERRY Balances the back of the 3rd eye, throat, higher heart and occipital chakras, which aligns physical structure & facilitates information intake in this area.

SPIREA Pull down your protections and live from your heart with confidence and authenticity. Balances all the chakras, the cerebral spinal fluid and the cranial bones after an expansion.

SPOTTED CORAL ROOT ORCHID Harms the fuel created by decomposing old emotional and energetic patterns to transform your moods and body chemistry to higher possibilities.

STARFLOWER Remember we are star people; player of the Universal Matrix. We are the ones we have been waiting for.

STINGING NETTLE Support for coming out of the fog of living in a way that can’t support our true Being. Aids in making clear life choices.


SUNFLOWER Orient toward the sun! Creates sunny warmth and nurturing when you can’t get from within yourself. Shifts your thoughts and emotions to your innate bright, joyful, innate inner nature. Believe in your ability, as a multidimensional human being, to manifest from your sunny will.

SWEDISH BRIAR ROSE Fuels love constant for yourself and others, the courage to witness old hurtful patterns, and the heart-centeredness to act on what you really want.

SWEDISH VALENTINE ROSE Works through all of the energy fields soothing intrusions, irritations and disturbances, and strengthening the connection of the heart chakra. Engenders forgiveness and has as a grounding influence.

THIMBLEBERRY Cultivates engaging daily life with joy and gratitude without being attached to the circumstances or a specific outcome.

TRAILING BLACKBERRY With an open heart, joyfully serve yourself and others through compassionately speaking the full conviction of your truth & power.

TRILLIUM Integrates your personal energy into the matrix of the universal All-That-Is.

TROPICAL SUNSET ROSE Facilitates heart-felt communication circulating inside your body and outside to the larger system of the world around you.

TURKEY TAIL MUSHROOM Decomposes the structures that hold the memories of childhood abuse. Rebuilds vitality.

TWINBERRY Calming & soothing. Reduces instinctive and visceral fear, anxiety, and panic attacks.

TWINTFLOWER Sensory integration. Calms the sense of overwhelm from external stimuli.

VALERIAN Transforms buried negative emotional and hormonal wildfires into beneficial fire and the potential for growth.

VINE MAPLE Integrates White Light into your brain and core of Earth and center of Galaxy. Seeing with discernment.

VIOLET HUGGLES.Bheets and violets from the inner critical focusing on guilt and shame towards your Higher Self focusing on forgiveness and empowered self-worth.

WESTERN COLUMBINE Instills visceral body confidence for living a fully engaged and awakened life.

WESTERN RED CEDAR TREE Spiritual spine connecting the connection between the physical and the spiritual.

WHITE FERN LILY Encourages humility, deep introspection and reverence for all life. Let your head lift, soften your eyes, open your arms and radiate Peace from your heart.

WHITE YARROW Integrates White Light into your brain and central nervous system. Strengthens your personal boundaries.

WILD GINGER Transforms a whirl of chaotic emotions, into engaging life from a calm and emotionally stable heart.

WILD GOOSEBERRY Transformation around a situation feeds fear while expanding your energy to embrace a situation allows fear to transform. Let fear melt away and arise to a new life!

WOODLAND STRAWBERRY Transforms negative thinking, worry and anxiety by interrupting the mental/emotional tape loop. Facilitates thinking clearly and feeling authentically.

YELLOW DAY LILY Ahh… Relax into the feeling of a warm sunny spring day. Let it nourish and comfort you.
When you have scabs over the heart, they affect your soul's journey. Encourages standing in your unique wisdom. Supports new ways of being. Encourages self-love. Calms emotional shock to the heart.

Cooling fear and anxiety. Brings sunlight to the dark, dense or "wooden" emotional skin. Encourages you to gently snuggle into openness.

Cottonwood Tree Effortlessly radiates Love of the Land to your head. Grow the tree of Love by connecting deep roots with the Love of the Sun. Inspires heartfelt harmony between species.

Crocosmia Encourages playfully engaging your emotional strength, power and well to express yourself confidently with out loud. 

Dandelion Brings sunlight to the dark, dense or "wooden" emotional skin. Encourages you to gently snuggle into openness.

Dawn Rose Reconnects you to your spiritual roots. From a clear & open heart, engage with friends in inquisitive, quick & incisive. Innate body confidence with no rush to the transformational roller coaster.

Devil’s Club Provides solace when you are world-weary. Reconnects you to your spiritual roots.

Dish Fire Tree Stand in your own power, solidly rooted in your legs. Ground your ideas and confidently step out with practical action. Supports nerves in the legs. Grounds your ideas and confidently step out with practical action.

Dwarf Rose Reconnects you to your spiritual roots. From a clear & open heart, engage with friends in inquisitive, quick & incisive. Innate body confidence with no rush to the transformational roller coaster.

Echinacea Impulses letting go of self-images that weaken your energies and create dis-ease. Supports new ways of being.

Ephedra Facilitates communication between the crown, 3rd eye, occipital and heart chakras. Enhances pineal gland. 

Energizer New connections are woven between brain and heart. Matching heart tones are transmitted to thought and emotional heart.

Fairy Rose From a clear & open heart, engage with friends for a spiritually focused purpose, with gratitude, joy and peace.

Fireweed A powerful transformer and healer! Initiates shifting from a male dominant, from fear and lack of power to a feminine loving, joyful, nurturing, in harmony-with-nature paradigm.

Foxglove All that you experience is for learning. Activate the Higher Heart by practicing forgiveness and connecting with unconditional Love.

Garden Hollyhock Gateway through the Higher Heart to the Heart Chakra. Meditation and ritual.

Garra Oak Tree Ancient wisdom for journeying through alternate dimensions in a healthy and coherent way, then returning to ordinary reality with ease.

Goat’s Beard Supports open heartedness being surefooted, grounding, quick and deeply connected with no rush or jitteriness it makes easy to handle daily happenings.

Golden Celebration Rose Soften your armor against the world by creating golden light protection from the inside out. 

Grand Fir Tree Supports presence, focus and attention outside of itself. It helps you to transcend individuality and seek oneness with Everything.

Grandmother Big Leaf Maple Encourages a sense of complete calm, safety and serenity with Grandmother’s outstretched arms surrounding, protecting and nurturing you.

Hardy Fuchsia Breathe in joy through your heart breath out heartache. Breathe in the healthier emotional residue.

Hawthorn Tree Shape shift your creative process when blocks get in the way. Instead of falling into anger and confusion, use intense spiritually aligned intention to create what you want.

Hot Tamales Rose Centeredness in the midst of chaos while riding the transformational roller coaster.

Indian Pipe Activates rising above arguing, waring, resentment & grudges in a conflict. Access forgiveness, personal peace, embody the lessons and step away from the drama.

Irises Reconnects the torus of electromagnetic energy around your body with Earth and Spirit when your connection has been compromised. Brings heart and chakra connection to the cellular level.

Jerusalem Sage Aligns and balances the Crown, Soul and Spirit Chakras. The Crown Chakra unites body/mind with creation. The Soul Chakra perceives the archetypal images of God, the Divine. The Spirit Chakra operates outside of time/space and resides at the heart of the Universe.

Joe Pie Weed When you are resistant to life because you’ve lost the trust that life is safe and you are protected, helps you to get up your nerve and joy and confidence that all is well, even if it doesn’t seem that way.

Kinnikinnik Encourages you to gently snuggle into openhearted love for yourself. Opens back of the heart chakra.

Ladys Mantle Brings joyful peace to your whole body & emotions. Connects you to the universal emotional shock to the heart.

Lavender Shifts repetitive thinking into a calm flow of clear multi-dimensional Guidance. Loosens anger and stress.

Lily of the Valley Facilitates connection of Higher Self and human brain functions. "Brain" of the heart connects with the "heart" of the brain allowing consciousness to permeate the body, energy, spirit & health.

Lungwort Helps you to move beyond duality to find dynamic balance between the "seen" and the "seen", and to integrate opposite aspects of yourself into harmonious living.

Lupine Retrains the energetic pathways of fear and anxiety towards the Heart and the emotional heart.

Mandolin Lights Azalea Encourages standing in your personal power during uncertainty and adversity with the ability to handle whatever comes your way.

Marshallow Opens and balances the crown and third eye chakras. Aligns and balances the cranial bones during the evolutionary process.

MeADOW RUSHeR Helps you reorient to your life stories from a place of higher consciousness, creating more peace and ease.

MELLOW ROSe Call All Angels! Facilitates communication from God Self with conscious mind and physical body. Engenders compassionate communication.

Moon Shadow Rose Release shadow of your past, glean the lessons and move forward toward discovering your authentic self. Trust in life’s safety & sweetness.

Motherwort Open your heart to the Universal Life Force Matrix to receive Divine Love and Compassion.

Mullein Use the strength and constancy of the sun to anchor your heart into the divine. Trust that even during the darkest night, the sun will rise again in the morning.

Nasturtium Come into yourself. Settles excessive energy out of your head connecting with your heart and body.

NerineBark Harmonizes the interplay between all 9 layers of your being. For example, heart, chakras & meridians. Stabilizes energy fields after a shift.

Nootka Rose Open your heart and let Divine Love and Gratitude blossom into your life by aligning your heart chakra with the World Heart and the Universal Heart.

Ocean spray Supports connecting with your lighthearted, jubilant Presence to receive the undertow of sorrow below the illusion of calm and tranquility.

Orange Wild Honeysuckle Supports a deep body feeling of who you really are and are not. Retrains the nervous system towards peaceful engaging life.

Oregon Grape Releases valuing yourself in relationship to what you think others think of you. Accept your unique nature.

Osoberry Aligns you with embodying your larger purpose for this lifetime while staying grounded and centered amidst the various activities and responsibilities of your daily life.

Our Lady of Guadalupe Rose Calibrates the unfolding of the Higher Heart chakra as it conducts higher frequency vibrations of the heart.

Outrageous Rose Facilitates communication between intuitive and cognitive functions of the two brain hemispheres.

Pacific Bleeding Heart Supports compassion for yourself and others. Wrap yourself in the love of Divine Love, let go of fear, and let the safety of your heart’s home.

Pacific Dogwood Installs an upgraded blueprint for the nervous system so it can accommodate higher frequencies.

Paper Birch Tree Peel away old energetic layers to reveal your true nature. Integrates emotional stability.

Pathfinder Brings the ley lines of the Earth, the organ energy of your human body, and the cosmic pathways of light and sound into resonant harmony.