

Most Common Flowers for...Flower Energies

by Kat Miller

Special Instructions:

1. If flowers are not listed alphabetically, call out in order listed.
2. Flowers listed in parentheses () are additional flowers that may be substituted for one or more of the flowers listed (or in some cases may be added to the formula).



<http://www.fv.ehdef.com>

Abscess: Angel's Trumpet, Canyon Dudleya, Chicory, Mariposa Lily, Quince (also check Aloe Vera, Fawn Lily, Larkspur, Sunflower, Yarrow)

Accident Prone: Calla Lily, Chrysanthemum, Gravenstein (also check Aloe Vera, Wild Oat, Willow)

Acne: Blackberry, Chestnut Bud, Cocoa Flower, Dill (also check Curly Dock, Crab Apple, Yarrow)

Addiction: Clematis, Rosemary, Curly Dock (also check Hibiscus, Madia, Pecan)

Ageless: Chrysanthemum, Filaree, Oregon Grape, Sunflower – Run formula every other day for a minimum of 7 months for full effectiveness.

Alcoholism: Basil, Bleeding Heart, Impatiens, Saguaro, Trillium

Allergies: Angelica, Elm, Impatiens, Iris, Shasta Daisy (also check Beech, Chamomile, Holly, Mariposa Lily, Saint John's Wort, Self-Heal, Yarrow, Yellow Star Tulip)

Anhedonia: Baby Blue Eyes, Deerbrush, Manzanita, White Kukui

Anxiety and Stress: Canyon Dudleya and Fairy Lantern. This combination can be run multiple times a day, as required, like Rescue, and can also be run while doing other formulas

Arrogance: Dandelion, Dogwood, Sticky Monkeyflower and Yellow Star Tulip

Attention Deficit Disorder: Aloe Vera, Corn, Fuchsia, Shooting Star, Tansy, Yarrow

Attention Deficit/Hyperactivity Disorder: Alpine Lily, Chicory, Fuchsia, Hound's Tongue, Yellow Star Tulip (also check Blackberry, Deerbrush, Dogwood, Goldenrod, Manzanita, Sunflower, Cocoa Flower)

Autism: Special Instructions: Alternate flower groups daily for a minimum of three months.

Group 1– Aloe Vera, Canyon Dudleya, Forget-Me-Not, Fairy Lantern, Lotus

Group 2 – Alpine Lily, Elm, Morning Glory, Impatiens, Clematis

Avoid Need for Surgery: Gorse, Sweet Chestnut Special Instructions: Use for a minimum of two days.

Back Pain (general): Basil, Crab Apple, Holly, Indian Paintbrush, Manzanita (Upper Back – add Madia; Lower Back – add Pecan; Middle Back – add Rock Rose, Water Violet)

Balding: Borage, California Poppy, Pretty Face, Wheatgrass (every other day until hair begins regrowing)

Bedwetting: Impatiens, Mallow, Milkweed, Morning Glory, White Kukui

Bipolar Disorder: Agrimony, Pecan, Sticky Monkeyflower, Trumpet Violet (also check Alpine Lily, Echinacea)

Bones/Teeth Problems: Calla Lily, Forget-Me-Not, Dandelion, Mariposa Lily, Yarrow Special Formula (also check Shooting Star, Yarrow)

Cancer: Special Instructions: Alternate flower groups daily for a minimum of six months.

Group 1 – Beech, Indigo, Pine, Sweet Pea, Yarrow Special Formula, Wild Oat.

Group 2 – Crab Apple, Tiger Lily, Yarrow Special Formula, Yarrow

Canker Sores: California Poppy, Grapefruit, Mountain Pennyroyal, Milkweed

Cervical Ripening (in pregnancy, preparing for delivery): Black Cohosh, Easter Lily, Evening Primrose

Chicken Pox: Crab Apple, Impatiens, Beech and Star of Bethlehem

Chronic Fatigue: Agrimony, Black Cohosh, Bleeding Heart, Dandelion, Saint John's Wort (if you change any of the flowers, always keep Saint John's Wort in the formula; also check Canyon Dudleya, Hound's Tongue, Mustard, Oregon Grape, Shooting Star, Yarrow)

Clearing Negative Energy: Agrimony Bluebell, Yellow Dock, Red Clover, Mustard (good to use on alternate days with Obsessive Compulsive Disorder formula)

Constipation: Holly, Agrimony, Iris, Dandelion, Lotus (also check Angel's Trumpet, Beech, Fuchsia)

Creativity (increase): Sage, Golden Yarrow, White Kukui

Crohn's Disease: Rabbitbrush, Red Clover, Sage, Saint John's Wort, Scarlet Monkeyflower (also check Black Cohosh, Goldenrod, Penstemon, Shasta Daisy, Star Tulip, Yarrow Special Formula, Yellow Star Tulip, Zinnia)

Dementia: Cerato, Pine, White Chestnut

Diabetes: Chestnut Bud, Oak, Self-Heal, Shasta Daisy (if you drop any of the original flowers, always keep Self-Heal in the formula; also check Beech, Cayenne, Chapparal, Impatiens, Yarrow Special Formula, Yellow Star Tulip)(may use up to 6 flowers in a diabetes remedy)

Drug Addiction: Fuchsia, Mountain Pennyroyal, Heather, Tiger Lily, Manzanita (also check Chestnut Bud, Honeysuckle, Nasturtium, Red Chestnut, Rock Water, Sweet Chestnut)

Ear Infections: Cerato, Mariposa Lily, Lotus, Dandelion, Chrysanthemum (also check Cayenne, Chamomile, Nasturtium)

Edema: Hound's Tongue, Chestnut Bud, Wild Oat, Yarrow, Gentian (also check Beech, Chaparral, Indian Paintbrush, Trillium)

Emotional Freezing: Easter Lily, Impatiens, Mountain Pride, Walnut (also check Golden Yarrow, Vervain, Yarrow Special Formula)

Emotional Sensitivity: Angel's Trumpet, Pine, Sagebrush, Water Violet (also check Angelica, Star Tulip, Sunflower)

Empty-Nest Syndrome: Echinacea, Mariposa Lily, Garlic (also check Bleeding Heart, Goldenrod, Wild Oat)

Enhance Psychic Abilities: Olive, Rosemary, Trillium

Expand Luck and Fortune: Cerato, Oregon Grape, Saguaro, Scarlet Monkeyflower, Scleranthus

Failure to Progress with Motor Skills: Chestnut Bud, Pine, Water Violet, Wild Oat, Dandelion

Fatalness: Special Instructions: These must be called out in order listed, and you need to always use all 9 flowers.
Aloe Vera, Canyon Dudleya, Golden Yarrow, Hibiscus, Indian Paintbrush, Deerbrush, Elm, Milkweed, Dandelion

Female Reproductive Issues: Calendula, Fuchsia, Pink Monkeyflower, Pomegranate

Fertility Enhancement: Zinnia, Vine, Saquaro

Fibromyalgia: Fuchsia, Lotus, Madia, Tiger Lily, Willow, Yerba Santa (also check Alpine Lily, Chamomile, Chicory, Deerbrush, Fawn Lily, Penstemon, Red Clover, Trumpet Vine)

Flu Syndrome: Crab Apple, Gravenstein, Red Chestnut, Sweet Pea (also check Grapefruit, Rabbitbrush)

Flying: Aloe Vera, Cayenne, Forget-Me-Not, Impatiens, Yerba Santa (also check Clematis, Deerbrush, Yarrow Special Formula)

Fungus Infections: Crab Apple, Walnut, Water Violet, Red Chestnut

Grief Reaction (help soften): Dill, Goldenrod, California Wild Rose

Heartburn: California Pitcher Plant, California Wild Rose, Aloe Vera and Xanthomonas

Hives: Manzanita, Scotch Broom, Sticky Monkeyflower, Sweet Pea, Yarrow (also check Baby Blue Eyes, Cayenne, Dogwood, Larkspur)

Holy Matrimony: (find the right mate) Sweet Chestnut, Golden Yarrow, Red Clover, Cayenne

Hormone Imbalances: Alpine Lily, Dill, Iris Blue Flag, Tansy, Wild Oat

Home Sickness: Aloe Vera, Corn, Impatiens, Filaree, Yellow Star Tulip

Hospital Exposure: Mimulus, Mugwort, Star of Bethlehem, Yarrow

Hostage Release: (Given to family) Red Chestnut, Rock Rose, Sweet Chestnut, Gorse, Rock Water

Hot Flashes: Agrimony, Mountain Pennyroyal, Echinacea

Hotel: Black-Eyed Susan, Crab Apple, Queen Ann's Lace, Rock Rose

Howling Dogs: Angel's Trumpet, Beech, Iris Blue Flag, Kale

Hypochondriac: Aspen, Holly, Scleranthus, Star of Bethlehem (also check Chicory and Vervain)

Hypoglycemia: Chlorella, Forget-Me-Not, Mallow, Penstemon (also check Cosmos, Willow)

Improper Diet Selection: Black Cohosh, Clematis, Impatiens, Lady's Slipper (yellow), Mullein (if you change any of the flowers, always keep Clematis in the formula; also check Aloe Vera, Fuchsia, Indian Pink, Lavender, Lotus, Mariposa Lily, Quince)

Improve Learning/Retention: Walnut, Chestnut Bud, Centaury, Holly, Mariposa Lily

Increase Height: Crab Apple, Hornbeam, Primrose

Increase Income: Red Chestnut, Beech, Cayenne, Golden Yarrow

Indigo: California Wild Rose, Mallow, Prickly Pear, Wild Oat, Yarrow Special Formula (if only Bach flowers used - Crab Apple, Rock Rose, Water Violet and Wild Oat)

Insomnia (general): Borage, Gorse, Oregon Grape (Sleep Onset Insomnia – add Chamomile; Sleep Disturbance Insomnia – add Deerbrush; Shortened Sleep Cycle – add Dogwood and Queen Anne's Lace)

Intuition Enhancement: Clematis, Goldenrod, Gravenstein, Quaking Grass, Sweet Pea

Jealousy: Angelica, Honeysuckle, Rabbitbrush, Heather, Vine

Joint Problems: Agrimony, Cayenne, Dandelion, Impatiens, Iris (also check Yarrow, Zinnia)

Labor and Delivery: Canyon Dudleya, Easter Lily, Hound's Tongue, Indian Pink (also check Pretty Face, Snapdragon, Wheatgrass)

Leukemia: Gorse, Willow, Crab Apple, Aloe Vera, Corn, Dandelion, Xanthomonas, Bluebell, Chaparral (run every other day for minimum of 60 days)

Libido Balancing: Xanthomonas, Chicory, Golden Ear Drops, Calendula

Math Problems (learning): Angel's Trumpet, Purple Monkeyflower, Rock Water, Star Thistle, Walnut, Willow

Loose Tooth: Calendula, Indian Paintbrush, Indian Pink, Vervain, Yellow Star Tulip

Menstrual Cramps: California Poppy, Cocoa Flower (also check Angel's Trumpet, Tansy, Yarrow)

Miscarriage: Fuchsia, Mountain Pride, Pumpkin, Water Violet and Yellow Star Tulip

Mole Reduction: Calla Lily, Xanthomonas

Nausea and Dizziness (Morning Sickness): Angel's Trumpet, Sagebrush, Vine, Wild Oat and Crab Apple (must be run in order listed). This combination can be run multiple times a day, as required, like Rescue, and can also be run while doing other formulas

Neuropathy: Rabbitbrush, Red Clover, Sage, Saguaro, Scotch Broom (also check Chestnut Bud, Golden Ear Drops, Rosemary, Trillium, Trumpet Vine)

Newborn (for trauma of birth): Star of Bethlehem, Shooting Star and Indian Pink

Nightmares: Aloe Vera, Alpine Lily, Quaking Grass, Yarrow Special Formula (also check Baby Blue Eyes, Dogwood, Saguaro)

Obsessive Compulsive Disorder: Angel's Trumpet, Basil, Beech, Olive (also check Golden Yarrow, Mariposa Lily, Star Tulip)

Obesity: Calendula, Clematis, Gravenstein, Impatiens, Lotus, Self-Heal (if you change any of the flowers, always keep Impatiens in the formula; also check Chrysanthemum, Baby Blue Eyes, Blackberry, Snapdragon, Yarrow, Yellow Star Tulip, Zinnia)

PMS: Green Cocoa Bean, Queen Anne's Lace, Filaree

Poor Self-Image: Yellow Star Tulip, Mountain Pennyroyal, Lotus, Nicotiana, Canyon Dudleya (also check Aloe Vera, Cerato, Fuchsia, Honeysuckle)

Pregnancy (acceptance and calming of): Husband – Sunflower. Pregnant woman – Walnut and Angelica.

Procrastination: Agrimony, Corn, Vervain, Xanthomonas, Echinacea

Prostate Cancer: Star of Bethlehem, Holly

Receding Gums: Larch, Agrimony, Iris, Poison Oak, Trumpet Vine (do every other day until gums improve)

Restless Leg Syndrome: Angel's Trumpet, Echinacea, Heather, Cocoa Flower, Centaury (if you change any of the flowers, always keep Heather and Cocoa Flower in the formula; also check Bluebell, Tansy, Willow)

Safe Return of a Lost/Kidnapped Loved One: (Run on parents/siblings/their children) Red Chestnut, Rock Rose, Rock Water, Gorse, Sweet Chestnut

Sanpaku Eyes: Aspen, Cherry Plum, Heather, Vine, Star of Bethlehem (also check Water Violet)

Schizophrenia: Star of Bethlehem, Elm, Clematis, Cherry Plum, Crab Apple, Holly, Water Violet, Wild Rose, Sweet Chestnut, Aspen, Rescue energy vial

Self-Destruction/Self-Loathing: Wild Oat, Buttercup, Mariposa Lily

Sibling Rivalry: Agrimony, Heather, Mallow, Pomegranate, Trillium (also check Angel's Trumpet – especially if new baby in house, Deerbrush, Fuchsia, Yerba Santa)

Smoking Cessation: Mustard, Vervain, Water Violet, Willow

Snoring: Chestnut Bud, Chrysanthemum, Mustard, Oregon Grape, Wild Oat

Stroke: Calendula, Curly Dock, Fairy Lantern, Shooting Star, Xanthomonas (Bach only flowers – Gorse, Rock Water and Walnut)

Surrogate or Proxy: Before running energies surrogate or proxy for someone else, if you run Olive on yourself (all by itself) that should make the surrogate or proxy work better. Prior to running energies surrogate or proxy for someone, please obtain permission from their higher self via muscle testing...weak test is no, strong test is yes, and this should be respected.

Sugar Craving: Echinacea, Elm, Rosemary, Yerba Santa, Zinnia (if you change any of the flowers, always keep Echinacea in the formula; also check Black Cohosh, Fuchsia, Penstemon, Scotch Broom)

Terminal Illness: (run on family and loved ones) Red Chestnut, Rock Rose, Gorse and Sweet Chestnut

Tumerous Growths: Special Instructions: Alternate week 1 with week 2 for 8 weeks. (Week 1) Angel's Trumpet, Cayenne, Filaree, Indian Paintbrush, Larch (also check Chestnut Bud, Yellow Star Tulip, Zinnia); (Week 2) Alpine Lily, Cerato, Holly, Queen Anne's Lace, Saguaro (also check Bleeding Heart, Goldenrod, Mountain Pennyroyal, Self-Heal, Tansy)

Unrequited Love: Calla Lily, Dandelion, Milkweed, Rabbitbrush, Trillium

Urinary Issues: Agrimony, Aloe Vera, Alpine Lily, Wild Oat, Wild Rose (also check Clematis, Dogwood, Nasturtium, Sage, Self-Heal, Sweet Pea, Yarrow, Yarrow Special Formula, Zinnia)

Vaccine Reaction: Angelica, Cayenne, Chicory, Hibiscus, St. John's Wort (also check Chamomile, Chrysanthemum, Fawn Lily, Golden Yarrow, Mariposa Lily, Penstemon, Pink Yarrow)

Victim Syndrome: Basil, Fawn Lily, Larch, Rabbitbrush, White Chestnut, Yarrow Special Formula (Basil and Fawn Lily should always be in the formula; also check Filaree, Mountain Pride, Raspberry Leaf)

Vitality: Scleranthus, Evening Primrose, Centaury, Cerato, Tansy, Yerba Santa

Weight Gain (desiring): Star of Bethlehem, Sweet Chestnut, Walnut

Weight Loss (desiring): Aspen, California Wild Rose, Iris, Mustard, Water Violet (also check Olive, Quince, Red Chestnut and White Chestnut)