

Quick Reference Section for use in therapeutic practice

Overview - *Eyebright, Lavender, Sage.*

Bodywork & Breathing - *Comfrey, Dandelion, Flowering Currant, Lilac, Lungwort, Ragwort.*

Responding from the Heart - *Cymbidium, Heartsease, Violet, White Narcissus, Rowan.*

Processing, Cleansing & Releasing - *Jasmine, Primrose, Yarrow in sea water.*

Self protection - *Cornflower, Marjoram, Pansy, Yarrow.*

Boundaries - *Monkshood, Rhubarb, Yarrow*

Stress & Life Choices - *Dandelion, Forsythia, Geranium, Jasmine, Monkshood, Oriental Poppy, Speedwell.*

Fear & Trust - *Dandelion, Heather, Jacobs Ladder, Marjoram, Marsh Woundwort, Red Clover, St Johns Wort, Snowdrop.*

Negativity & Depression - *Buttercup, Daffodil, Heather, Plantain, Primrose, Violet.*

Addictions - *Alkanet, Broom, Heather, Monkshood, Oriental Poppy, Wild Thyme.*

Identity - *Cornflower, Cymbidium, Harebell, Iris, Monkshood, Red Tulip, Rowan, Thistle, White Foxglove, Wild Thyme.*

Self love & Respect - *Cornflower, Daffodil, Harebell, Marsh Woundwort, Heartsease, Red Rose, Rhubarb, Sage, Selfheal, Thistle, Violet.*

Resistance - *Primrose, Nettle, Pansy, Plantain, Rosebay Willowherb, St Johns Wort.*

Denial - *Eyebright, Heather, Honesty, Hyssop, Oriental Poppy, Ragwort, Rosebay Willowherb, Selfheal.*

Expressing feelings - *Nettle, Rosebay Willowherb, Snapdragon.*

Deep pain & suffering - *Hawthorn, Marjoram, Purple Foxglove, Snowdrop, St John's Wort.*

Power issues & Bullying - *Cymbidium, Elder, Iris, Nettle, Snapdragon, Tormentil.*

Mental, psychological abuse - *Cymbidium, Elder, Forget-me-not, Heather, Hyssop, Selfheal, Wild Thyme.*

Sexual healing - *Snowdrop, Flowering Currant, Hyssop, Red Rose & Red Rosebud.*

Grounding - *Bluebell, Buttercup, Forget-me-not, Heather, Potato, Plantain.*

Balance & Stability - *Chamomile, Forget-me-not, Ragwort, Red Clover, Rhubarb, Red Tulip, St John's Wort.*

New hope - *Borage, Daffodil, Eyebright, Harebell, Hawthorn, Ladys Mantle, Rosemary, Rowan, Speedwell, Tormentil, White Rosebud.*

