





<b>Nature's Sunshine</b>	<b>Open Heart:</b> Orange- Suppressed Grief	- helps heal wounds that keep them from having an open loving heart. Lack of empathy, compassion, inflexible, rigid, judgmental, lacks joy, happiness, pleasure in life.
<b>California Wild Rose</b>		<p style="text-align: center;"><b><u>California Wild Rose</u></b></p> <p><i>Rosa californica</i>  <b>Positive qualities:</b> Love for the Earth and for human life, enthusiasm for doing and serving  <b>Patterns of imbalance:</b> Apathy, resignation, pronounced passivity; inability to catalyze will forces through the heart  <b>Product Category:</b> FES Quintessentials</p>
<b>Baby Blue Eyes</b>		<p style="text-align: center;"><b><u>Baby Blue Eyes</u></b></p> <p><i>Nemophila menziesii</i>  <b>Positive qualities:</b> Childlike innocence and trust; feeling supported and loved, especially by male figures; faith in the providence of spiritual beings  <b>Patterns of imbalance:</b> Defensiveness, insecurity, mistrust of others; estrangement from higher spiritual authority; lack of support from the father or other masculine influences in childhood.  <b>Product Category:</b> FES Quintessentials</p>
<b>Yerba Santa</b>		<p style="text-align: center;"><b><u>Yerba Santa</u></b></p> <p><i>Eriodictyon californicum</i>  <b>Positive qualities:</b> Free-flowing emotion, ability to harmonize breathing with feeling; capacity to express a full range of human emotions, especially pain and sadness; positive melancholy and soul depth  <b>Patterns of imbalance:</b> Constricted feelings, particularly in the heart and lungs; internalized grief and melancholy, deeply repressed emotions  <b>Product Category:</b> FES Quintessentials</p>
<b>Star Tulip</b>		<p style="text-align: center;"><b><u>Star Tulip</u></b></p> <p><i>Calochortus tolmiei</i>  <b>Positive qualities:</b> Sensitive and receptive attunement; serene soul disposition, inner listening to others and to higher worlds, especially in dreams and meditation  <b>Patterns of imbalance:</b> Inability to cultivate quiet inner presence, lack of attunement or soul insight, unable to meditate or pray  <b>Product Category:</b> FES Quintessentials</p>

<p><b>Evening Primrose</b></p>		<p style="text-align: center;"><u><b>Evening Primrose</b></u></p> <p><i>Oenothera elata</i>  <b>Positive qualities:</b> Awareness and healing of painful early emotions absorbed from parents; ability to open emotionally and form deep, committed relationships  <b>Patterns of imbalance:</b> Profound feeling of rejection stemming from in utero or early childhood experience; avoidance of commitment in relationships, fear of parenthood; sexual and emotional coldness or repression.  <b>Product Category:</b> FES Quintessentials</p>
<p><b>Pink Monkey Flower</b></p>		<p style="text-align: center;"><u><b>Pink Monkeyflower</b></u></p> <p><i>Erythranthe lewisii (Mimulus lewisii)</i>  <b>Positive qualities:</b> Emotional transparency; courage to take emotional risks with others  <b>Patterns of imbalance:</b> Feelings of shame, guilt, or unworthiness; fear of exposure and rejection due to prior abuse or trauma  <b>Product Category:</b> FES Quintessentials</p>
<p><b>Golden Ear Drops</b></p>		<p style="text-align: center;"><u><b>Golden Ear Drops</b></u></p> <p><i>Ehrendorferia chrysantha</i>  <b>Positive qualities:</b> Ability to remember and understand core experiences that define emotional history; nourishment and insight from past experiences  <b>Patterns of imbalance:</b> Suppressed toxic memories of childhood; feelings of pain and trauma about past events, affecting present emotional identity.  <b>Product Category:</b> FES Quintessentials</p>
		<ul style="list-style-type: none"> <li>• For people who are “hard of heart” because of unresolved wounds from childhood and previous relationships</li> <li>•</li> <li>• Helps a person face their suppressed pain and grief and find healing.</li> <li>•</li> <li>• Helps them open up to love, warmth and vulnerability again</li> <li>•</li> <li>• Increases compassion, empathy and trust in relationships.</li> </ul>