

Animal Flower Essence Repertory

A Selection Guide for Animal Therapy

by Patricia Kaminski



Abandonment

Mariposa Lily — to restore eating or nursing instincts in baby animals that are motherless, to help encourage mothering instinct in adult animals who may have been abandoned or abused when young

Self-Heal — for animals struggling to survive due to lack of nurturing, trauma or abandonment, for increasing self-healing potential

Star of Bethlehem — to help heal the memory of abandonment, to help the animal “remember” its innate archetype of wholeness

Bleeding Heart — core remedy for animals who were abandoned and have developed attachment anxiety

Abuse

Agrimony — for animals that are hard to read, who appear placid, immobile, or passive but are deeply disturbed or upset

Baby Blue Eyes — to restore trust and innocence in abused animal; particularly if abuse was from another male animal, or male caretaker

Borage — for animals who are dispirited or disheartened due to abuse or trauma

Buttercup — to restore self-esteem “luster” or “inner light” for animals who mope, slink, cower or otherwise hide or are not confident

Centaury — for animals who are obedient or servile due to abuse or degradation; to restore self-respect and essential freedom

Dogwood — for animals who have been beaten, starved or otherwise treated with meanness or violence, especially for animals who do not walk well or are otherwise lacking in physical presence, and graceful movement

Holly — to increase heart connection and loving response in all animals

Mariposa Lily — to re-instill mothering and nurturing instinct in female animals that may have been abused

Oregon Grape — for animals who have developed hostile or paranoid behavior due to violence or abuse, to instill trust in human goodness and caretaking

Star of Bethlehem — to free cellular memory of abuse and to re-pattern behaviors that may have been based upon abuse or neglect; to restore core identity and dignity

Tansy — for deep-seated lethargy or laziness in animals, often correlated with a sluggish metabolism

Yerba Santa — for deep-seated sadness in animals, especially when manifesting as any trauma to the lungs or breathing

Aggression

Holly — to foster a heart connection with the animal, to help the animal accept human love and care

Oregon Grape — for animals with aggression and paranoia, especially the inability to trust anyone new, or different

Quaking Grass — for animals who show aggression to other animals in a household or herd, to develop group identity

Snapdragon — snaps, bites, growls, etc., aggressive forms of energy that are usually related to the mouth, jaws or teeth

Tiger Lily — good all purpose remedy for aggression, helps the animal become more receptive to socially harmonizing influences

Vine — for animals with excessive need for dominance or bullying tactics

Anxiety

Bleeding Heart — attachment anxiety for animals who are overly attached to their caretakers, exhibiting symptoms of anxiety when their caretakers are absent, ill, etc.

Chamomile — indicated for anxiety which affects digestive abilities i.e., animals who are nervous or picky eaters, or who have flatulence

Five-Flower Formula — general all-purpose balancer for anxiety, stress or fear

Golden Yarrow — for animals who exhibit anxiety in performance situations, i.e. show dogs

Lavender — for extremely nervous or sensitive animals with bodily symptoms of stress accompanied by anxiety (i.e., diarrhea or vomiting)

Mimulus — for anxiety accompanied by fear and other forms of hypersensitivity, especially when accompanied by introversion, such as animals who hide from people

Pink Yarrow — for animals that become anxious by taking on or mirroring other stress in their environments; use Pink Yarrow when the stress is emotionally based

Yarrow — for animals that absorb psychic levels of stress, less emotionally based

Attachment

Bleeding Heart — primary remedy for attachment disorders of all kinds, helps the animal establish healthy connection with its caretaker without losing sense of independence

Centauray — for animals who are overly servile or docile, usually due to prior abuse

Chicory — for animals who whine or cling, to develop emotional centeredness

Honeysuckle — for animals who may mourn or otherwise long for a previous caretaker or living situation, who are living in the past and cannot make a transition to present circumstances

Mariposa Lily — to help wean animals from their mother, or for animals who are overly attached to a surrogate mother or caretaker

Walnut — to help the animal break links from the past, especially if re-locating to a new home, or with a new caretaker

Birthing or Birth Trauma

California Wild Rose — for newborn animals who need more grounding and vitality coming to earth and physical senses

Chamomile — to calm and soothe pregnant animals

Five-Flower Formula — generally good remedy to help guide the birth process; to bring a calming and reassuring influence if the birth is traumatic or troubled

Mariposa Lily — to help pregnant animals develop healthy mothering instincts; or to give to newborn animals who have not developed a healthy bond with the mother, and are not nursing or eating well

Mugwort — to help mother animals during birthing, for relaxation and opening of the birth canal

Self-Heal — generally good remedy for healthy birth, or to aid healing potential during any birth trauma

Shooting Star — for animals born pre-maturely, or for any trauma surrounding the birth

Walnut — for mother animals carrying past term, to help move the mother to birth and transition

Body Language and Emotional Cues

Agrimony — for animals who are hard to read or to contact emotionally, usually animals who have been over-trained and who are not emotionally authentic, also for illnesses that are hard to diagnose due to masking behavior

Arnica — wounds, scars, handicaps, past history of physical trauma or injury

Aspen — for animals that are afraid of the dark, of thunderstorms or other strange or “unknown” aspects of their environment

Baby Blue Eyes — for animals who do not show their “soft side” or vulnerability, usually due to trauma from a masculine caretaker or surrogate

Bleeding Heart — strong attachment to caretaker, whines or mopes or becomes anxious when left alone; dependent behavior

Borage — sense of emotional heaviness or sadness in the animal, animal walks slowly and seems dispirited

Buttercup — lack of confidence in the animal, lackluster coat, dullness in expression or in the eyes, animal is lacking radiance or inner light

California Pitcher Plant — animal is over-domesticated, no longer in touch with instinctual level of being, often addicted to over-processed foods, poor digestion

California Wild Rose — animal has lost the interest or enthusiasm for life, seems apathetic or listless, has a poor appetite, often evident in older animals

Centaury — for animals who are overly servile, usually due to abuse or excessive dominance from a caretaker, or a exploitative relationship with another animal

Chamomile — animal is moody, with emotional swings, whines or is easily irritated, usually has stomach problems or upsets, can easily vomit food, has irregular eating patterns or erratic interest in food

Cherry Plum — for animals who develop very stiff, tense or rigid postures when frightened or under stress

Chestnut Bud — for animals with poor memory or learning ability, prone to error or repetition of behavioral patterns, usually lacking in alertness or receptivity

Chicory — for needy animals that whine, or develop other methods for gaining attention from their caretakers

Cosmos — for animals who do not seem available to human presence, but generally favorable to increase intelligence and communication abilities in all animals

Dandelion and Dandelion Dynamo massage oil — for animals who are over-worked, or who need great muscle strength for performance; excellent especially for horses

Dill — loses interest in eating when over-stimulated, does fine when little stimulation in the environment, but does not do well when traveling or exposed to many different sounds, people, etc.

Echinacea — for animals whose immune system is compromised to illness or poor care in the past, also for animals who have lost innate immune response due to poor diet, drugs or over-medication

Golden Yarrow — for animals who lose their ability to be centered and in control when in the public eye or when performing

Holly — for animals that are emotionally cold or unresponsive, for animals who need to become more loving and receptive to human warmth

Body Language and Emotional Cues (*cont.*)

Honeysuckle — listless or disinterested behaviors in an animal, whining or moaning for a previous caretaker or past situation

Impatiens — animals who move quickly, with darting, furtive gestures, also who eat rapidly, gulp food, etc.

Larch — for developing better physical bearing and confidence, especially in public performance situations

Lavender — hypersensitive, typically poor eater, very finicky about food, tends toward a nervous disposition

Mariposa Lily — failure to thrive syndrome, received little attention or nurturing from mother or surrogate; many have been abandoned or abused when young

Milkweed — for animals for appear in another world, with excessive need to sleep, may also be animals who have become addicted

Mimulus — chronically fearful or frightened animals, excessively rapid heartbeat, very nervous or timid animals who do not take risks

Oregon Grape — growls or hisses upon approach, hostile and lacking in trust

Penstemon — needs extra physical strength for endurance or due to physical handicaps or hardships

Pink Yarrow — behavior is dictated by the environment, displays calm and containment and good eating habits when environment is stable, but falls apart in chaotic or emotionally stressful environment

Quaking Grass — for loner animals, or who have been raised in solitary situations, and who now need to adjust to others in their living environment

Red Clover — prone to hysterical or panic-driven behavior, especially when in a strange environment

Rosemary — for animals who are lacking in physical warmth and may be underweight, especially in older animals

Saint John's Wort — can appear either hypersensitive or depressed due to seasonal changes or other cosmic influences like storms or earth disturbances

Self-Heal — for animals who are sick, wounded or physically challenged in any way, and who need to summon their self-healing potential

Shooting Star — for animals for are not embodied, for trauma that can be traced to birth or pregnancy

Snapdragon — for animals who chew, lick, snap, bite excessively, for excessive oral energy in animals

Star of Bethlehem — for animals who were wounded and abused in the past, who lack dignity of bearing , who are disconnected from their essential soul identity

Sweet Pea — for homeless animals, or for any animal that has not bonded with its new environment or home

Tansy — for lethargic or excessively lazy animals, often accompanied by weight gain and poor metabolism

Tiger Lily — for animals who display aggression or hostility and lack social instincts

Vervain — for animals for tend to be overly heated, intense and tense, who get easily excited, or who are hard to calm once stirred (e.g. a horse who breaks into a wild gallop, or a dog who cannot stop barking)

Vine — for animals who have an excessive need for dominance, who rob food, or take space from other animals

Water Violet — for animals who are aloof, who do not easily bond with their caretakers especially when not due to prior trauma or abandonment

Yarrow — same as Pink Yarrow but less emotional and more psychic in nature

Body Language and Emotional Cues (cont.)

Yarrow Environmental Solution — for animals who are subject to environmental stress, urban stress, etc. i.e., radiation, travel, gas fumes, loud noises, electric power lines, etc.

Yerba Santa — for animals who appear very melancholic, or in deep grief usually accompanied by heart, lung or respiratory dysfunction

Calm and Centering

Arnica — for immediate application in all cases of injury or shock, combine with Five-Flower Formula

Bleeding Heart — for animals who are anxious or upset due to strong attachments, such as to an absent caretaker

Chamomile — for easily upset or very emotionally changeable animals

Cherry Plum — for extreme tension in animal accompanied by stiff body, for helping wild or trapped animals

Dill — for animals prone to sensory overload, or for travel and other circumstances that disrupt the animals sense of routine and rhythm

Five-Flower Formula — general all purpose formula for calm and centering

Impatiens — for animals with quick, furtive movements or gestures

Lavender — for animals with a nervous or hypersensitive disposition

Mimulus — for frightened trembling animals, combine with Five-Flower Formula

Oregon Grape — combine with Five-Flower Formula to help in wild animal rescue, to increase trust level of wild animals

Pink Yarrow — for animals who act out the emotions of their caretakers or other animals, who are the mirrors or containers for dysfunction in their environment

Red Clover — for animals who experience panic or hysteria especially when removed from their familiar territory

Vervain — for hyperactive or overly tense animals

Yarrow Environmental Solution — for animals who need protection for any form of environmental stress or disruption

Caretaker Issues

Angelica — for the higher awareness and attunement when working with animals, especially to invoke protection and encouragement for their true soul being and to create environments that are conducive to the soul needs of animals

Beech — for hyper-critical tendencies when relating to animals, for instance yelling at animals, or unrealistic expectations for their performance

Black Cohosh — for violent tendencies, or for owners who develop the need for strong psychic control over their animals

Calendula — to develop personal warmth, listening and receptivity in soul response to animals; to radiate healing touch from one's hands and heart

Cosmos — to increase inter-species dialogue, for enhanced intelligence and perception for understanding what animals communicate

Forget-Me-Not — to help remember an animal who has died, or to connect with its group soul in the non-physical realm

Green Rose — good remedy for developing the heart chakra, especially to bring intellectual knowledge about animals and healing to the level of heartfelt compassion

Caretaker Issues (*cont.*)

Holly — generally good remedy to increase loving response and emotional connection between animal and caretaker

Lady's Mantle — good all-purpose remedy for developing respect and awareness for animals as part of living creation; for developing healing touch and compassion in working with non-human realms

Mallow — to develop more warmth and physical presence in one's relationship with animals

Mariposa Lily — to increase nurturing abilities when caring for animals

Oregon Grape — for fear or paranoia when dealing with animals, especially unfounded fear that the animal will attack or show meanness; for developing greater trust when working with animals

Pink Yarrow — false emotional identification with an animal that blurs proper boundaries for either the caretaker or the animal

Quince — to bring forces of discipline and love to appropriate balance when training animals, especially for those who may not be able to bring effective strength and structure when training animals

Red Chestnut — for excessive worry about animal's welfare which may inhibit the animal's natural curiosity or freedom of expression

Star Tulip — for enhanced sensitivity and receptivity to develop more telepathic and intuitive perception when considering the needs of animals, for the ability to apply meditative and listening skills in healing work with animals

Trumpet Vine — to bring greater expressiveness and vitality to one's voice when training animals, to allow animals to respond more positively to one's voice

Vine — for the need to dominate animals; to have them be excessively submissive, for violent or abusive tendencies with animals

Willow — for emotional inflexibility when dealing with animals, or for bitterness or resentment that manifests in one's relationship with animals

Yellow Star Tulip — to develop understanding for the animal on its own terms and within its own realm of awareness, to transcend ego-boundaries and develop true compassion and empathy

Death and Dying

Angel's Trumpet — to help the animal make a transition from the body, for animals who may be lingering in the dying process and unable to move forward

Bleeding Heart — To help ease the heart's attachment to address the pain and grief of separation through death

Borage — to help both caretaker and animal deal with pain and feeling of heavy-heartedness or depression due to loss

Love-Lies-Bleeding — for immense pain, suffering and heartbreak of the dying process, both physical and emotional pain, for the ability to surrender

Walnut — to give both the animal and caretaker the strength to break old patterns and connections, to trust the process of death and separation

Depression

Bleeding Heart — for animals in grief, who have lost a companion animal or caretaker

Borage — for animals who appear weighed down or heavy hearted, generally good remedy for aging animals who become dispirited

Depression (*cont.*)

Buttercup — for animals suffering from low confidence, who may be dominated by other animals, or who are the “runt” of the litter; lacking in inner light and luster

California Wild Rose — for animals who are apathetic or listless, who have lost their inner spark of vitality and interest in life, food, etc.

Gentian — for animals who have experienced a setback, such as the re-occurrence of an illness, or to help the animal cope with aging or loss

Honeysuckle — for animals who long for a previous place, who seem to live more in the past, than the present

Hound’s Tongue — for animals that exhibit pronounced weight gain and sluggishness accompanying the depression

Milkweed — for animals who sleep excessively, or who otherwise seem “wrapped in a cocoon” and have withdrawn from the reality of the world around them especially if these animals have a history of being drugged or show signs of addiction

Penstemon — for animals who are handicapped or who have otherwise lost their agility and physical prowess and who seem defeated

Saint John’s Wort — for animals who seem to be “under a spell,” or who become disturbed or depressed during seasons changes, weather changes, earth changes, thunderstorms, eclipses or any other cosmic influences

Yerba Santa — for animals who mope or who appear melancholic and sad, often accompanied by breathing or lung afflictions

Domestication of Animals

Agrimony — for animals who have received superficial or misguided training, who wear a “behavioral mask” hiding deeper feelings

California Pitcher Plant — for animals who are overly domesticated, who have lost sensory capacity or instinctual abilities; often manifested as diminished ability for digestion, or addiction to foods

Holly — generally good remedy to increase loving response and emotional connection between animal and caretaker

Lady’s Mantle — to help domesticated city animals retain connection with inner wildness and with Nature

Mallow — to help animals feel human warmth and develop friendship with human companions

Mimulus — fearful animals who tremble or show signs of nervousness upon being petted or touched

Oregon Grape — for wild animals who are paranoid or hostile

Quaking Grass — to help solitary animals who must learn to live with other animals or humans

Star of Bethlehem — to heal animals of past trauma or memories which inhibit capacity to be tamed or develop companionship with humans

Tiger Lily — to help tame wild animals, and develop social instincts

Vine — for animals with “control” issues that interfere with companionship

Water Violet — for aloof animals who are not overtly hostile, but who do not easily display warmth or affection

Eating Disorders

California Pitcher Plant — over-domestication of animal which robs it of its natural eating instincts, or healthy digestion

California Wild Rose — lack of interest in food as a form of apathy, or in the aging process

Chamomile — finicky eater with emotional disposition, stomach upset or flatulence, can vomit food

Chicory — always hungry or whining for food as a way of receiving attention

Hound's Tongue — overeats as a method of grounding or physical embodiment

Impatiens — for animals with excessive eating habits, eating very fast, often for animals for had to compete with other animals for enough to eat

Lavender — nervous eater, does not eat when under stress or agitated, vomits food easily

Mariposa Lily — lack of nurturance from mother or surrogate, creating poor weight gain or “failure to thrive” syndrome

Pink Yarrow — eating disorders which develop when the animals is absorbing stress and other environmental dysfunction

Self-Heal — to encourage healthy eating response, and to break addiction patterns in animals who have been fed bad diets

Snapdragon — for animals with excessive need to chew, bite, or gnaw even after being fed

Vine — for animals who use food as a from of dominance, who rob food from other animals, or deprive them of eating, even when they have been fed sufficiently

Fear

Aspen — fear of the unknown, e.g. sudden loud or unexpected noises, storms, etc.

Cherry Plum — Extreme tension or stress, i.e., a trapped animal, or a wild animal that must be rescued, accompanied by bodily symptoms of stiffness and rigidity

Five-Flower Formula — general all purpose balancer for fear, anxiety or stress

Green Rose — good remedy for dispelling fear at the level of the heart, helping the animal feel and remember the goodness of life on earth as an antidote to fear

Mimulus — fear of noises or other daily living situations, hypersensitive to change or to stimulus of any kind, nervous or jittery

Red Clover — fear which develops into hysterical behavior, such as an animal that is confined, or must be transported

Rock Rose — for treating profound states of terror especially in wild animals

Saint John's Wort — Calming and protective for animals who are psychically receptive, and easily affected by entities, elementals and other “invisible” factors

Healing and Recovery

Arnica and Arnica Alleve massage oil — to help any physical injury or trauma

California Pitcher Plant — to help animals whose life force and innate “wildness” has been stymied from over-domestication and poor diet

California Wild Rose — for animals who have become apathetic, or who have lost the “will” to live

Chamomile — for restless or jittery animals, for animals with stomach afflictions, or poor appetite

Healing and Recovery (*cont.*)

Dandelion and Dandelion Dynamo massage oil — for animals who may have muscle trauma, especially horses or animals who must physically exert themselves

Echinacea — when the immune system is severely compromised

Lavender — generally calming remedy for animals who tend to be nervous, highly sensitive, restless or light sleepers, may vomit easily or exhibit other signs of psycho-somatic stress

Love-Lies-Bleeding — to help animals who are in a great deal of pain, who have lost blood, or are otherwise suffering

Mariposa Lily — to increase healing potential, especially to help animals feel nurtured and loved, especially young animals, or animals who may not have had a natural mother

Milkweed — for animals who have been drugged or who have become drug dependent and are unable to develop their own instinctual consciousness and drive for self-healing

Olive — for older animals who are physically exhausted, or for any animal after a trying physical ordeal such as giving birth

Penstemon — for animals who must call on great levels of physical endurance, or for handicapped animals who must cope with various levels of physical disability

Rosemary — for animals with cold extremities, especially in older animals

Self-Heal — general all-purpose remedy to assist self-healing potential

Self-Heal Flower Essence Skin Crème — generally good for many types of skin conditions alone or as a carrier, blends well with other essences

Yerba Santa — for animals with a melancholic disposition, or with trauma to the lungs or breathing

Learning and Training

Arnica — for physical trauma held in the cellular memory of the body, such as a traumatic fall, or a near drowning

Centaury — for animals who have been poorly trained in the past, who are overly submissive and lacking in their own enthusiasm for learning

Chestnut Bud — to help learning curve for animals prone to error or repeated mistakes

Clematis — for dreamy animals who are hard to make contact with effectively

Cosmos — to increase communication and understanding between animal and caretaker

Dill — for animals easily subjected to sensory overload, diminishing learning response

Honeysuckle — when memory of the animal may be stuck in the past or in a prior living situation

Larch — for animals who need confidence in their ability to learn and respond

Lavender — for nervous or high-strung animals who need greater calm for learning

Madia — for animals who need to focus their attention

Mimulus — for animals who are fear-prone, thus inhibiting their learning response

Oregon Grape — for animals who need to trust, due to prior trauma or survival instincts, to heal trauma and abuse held in the memory of the animal that has degenerated to paranoia and lack of trust

Rock Rose — for fear-based memories that create avoidance or anxiety in the animal

Rosemary — to increase learning potential and retention in older animals

Memory

Baby Blue Eyes — for past trauma from father or any male caretaker that has created inability to trust

Chaparral — for cleansing and purging deeply traumatic memories of abuse or trauma, especially when manifest as diseases or unwanted behaviors

Chestnut Bud — for animals who easily forget their training and who repeat unwanted behaviors

Star of Bethlehem — for healing memories of past which affect the essential dignity and soul presence of the animal

Performance

Chestnut Bud — to help animals who are error prone, especially if the same error is made repeatedly during performance situations

Cosmos — to increase the bond of communication between the caretaker and animal during performance situations

Dandelion — excellent remedy for increasing strength in muscles, or for helping animals who over-exert during performance and strain muscles; for animals who may “try too hard” and need more relaxation

Dogwood — to enhance agility and grace during performance; for animals who may display signs of awkwardness when under stress or pressure

Five-Flower Formula — generally good formula to help animals stay calm and contained in performance situations

Gentian — for animals who are discouraged due to setbacks, who have lost the confidence to keep trying

Golden Yarrow — for animals who need to feel more protected and “centered” when in the public eye

Larch — for animals who are capable of high performance in private situations but who often fail when in public

Mimulus — for animals who are easily startled, or who have myriad small fears or anxieties when in performance situations

Oregon Grape — for animals who are hostile or paranoid when in new public places, to increase the trust level of the animal

Penstemon — to give extra endurance and fighting spirit for animals who are called to the limits of endurance

Quaking Grass — for animals who must learn to harmonize with others in public places

Tiger Lily — general good socializing remedy when animals display too much hostility or aggression to other animals or people, thus limiting their performance

Pink Yarrow — for animals whose performance is inhibited due to over- absorption of emotional and personal influences in their environment; for instance the anxiety and worry of their caretaker

Yarrow — for animals who easily absorb the thought forms of others or related psychic phenomena that inhibits their performance; for instance competitive thoughts from other animals and caretakers during a performance

Yarrow Environmental Solution — for animals adversely affected during performance by environmental influences like large crowds, lights, or strange noise

Protection

Angelica — generally good “protection” remedy for animals, especially young animals, helps the animal feel connected to benevolent spiritual influences in its environment

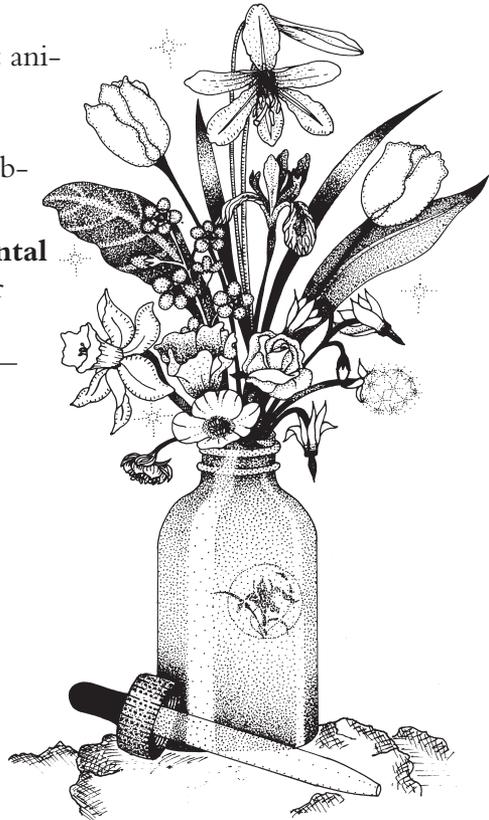
Dill — for animals with too much stimulus or movement in their environment or due to travel, especially when accompanied by eating disorders

Pink Yarrow — for animals who easily absorb emotional dysfunction or disharmony in their environment, often manifesting in psycho-somatic symptoms

Saint John’s Wort — for animals influenced by disturbances of a more cosmic or telluric nature: thunderstorms, earthquakes, eclipses, etc.

Yarrow — to protect animals who are psychic receptors, who absorb thoughts and other subtle influences

Yarrow Environmental Solution — good for animals subjected to environmental stress — especially good to use when traveling or re-locating an animal



Responsiveness

California Wild Rose — for older animals, to increase alertness and life force

Chestnut Bud — for memory responsiveness especially ability to retain cues or training procedures

Clematis — for animals who are very dreamy, enclosed in their own “world”, to increase attentiveness and interest

Cosmos — to enhance learning and communication, especially inter-species understanding

Echinacea — to restore immune responsiveness especially for older or ailing animals

Water Violet — for animals who are aloof, socially distant, especially good for some types of cats

Travel and Transition

Dill — for sensory overload during travel, especially indicated if there is digestive disturbance

Five-Flower Formula — general all purpose formula to keep animals calm when being transported

Red Clover — for animals who tend toward fear or hysteria when exposed to other animals or persons (such as a visit to a veterinarian), combines well with Five-Flower Formula

Sweet Pea — to help animal connect with new environment or community; to establish new “roots”

Walnut — to help animal adjust to new or temporary living quarters, to break links to old residence

Yarrow Environmental Solution — for any environmental stress such as radiation, bright lights, noises when traveling



Bleeding Heart
Dicentra formosa



Flower Essence Society

PO Box 459, Nevada City, CA 95959
www.flowersociety.org 800-736-9222

© 2003 All rights reserved