

# Range of Light

Celebrating the Soul of the Sierras



**FES presents a new range  
of flower essences**

*And after ten years of wandering and wondering in the heart of it, rejoicing in its glorious floods of light, the white beams of the morning streaming through the passes, the noonday radiance on the crystal rocks, the flush of the alpenglow, and the irised spray of countless waterfalls, it still seems above all others the Range of Light.*

John Muir, writing about the California's Sierra Nevada mountain range

## *Range of Light*

We are very pleased to announce a new set of flower essences, the *Range of Light*. Our name takes its inspiration from John Muir, founder of the Sierra Club, who championed the Sierra Nevada as both a naturalist and organizer. Muir declared: *"Well may the Sierra be named, not the Snowy Range, but the Range of Light."*

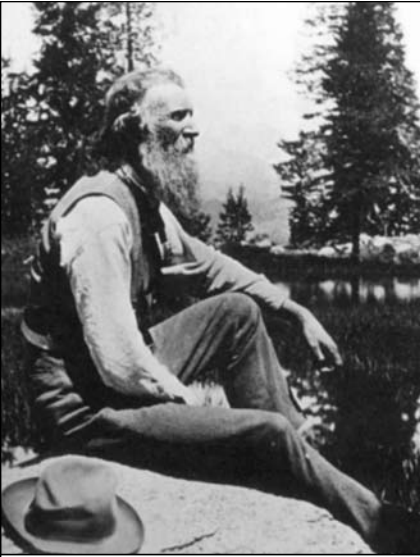
The *Range of Light* refers to the alpine mountain peaks where many of the flowers in this new collection flourish. It also invokes a more encompassing signature of a unique bio-region shaped and influenced by the elemental qualities of sun, water, air and earth flowing from their source in the Sierra Nevada Mountains, to create verdant woodlands, oak savannahs, fertile river valleys, stunning coastal regions and pristine desert habitats.

Thus, the *Range of Light Kit* consists of 48 of our most promising research essences, prepared throughout the entire bio-region of the Sierras, including *Terra Flora*, our garden in the Sierra foothills dedicated to the synthesis of human and elemental co-working.

The flower essences in the *Range of Light* have been the subject of field study and practitioner reports for over 15 years. As you will note in reading the accompanying information, these flower essences represent another octave in the healing themes that have long been the hallmark of FES flower essence therapy. These new essences are playing an important healing role throughout the world. It is now time to make them available to a larger public, even as we continue our important research.

Flower Essence Services has tithed to a number of environmental and social organizations since its founding. With the release of the *Range of Light Kit*, we announce an additional pledge program: 5% of all sales of the *Range of Light Kits* will be sent to the *Sierra Fund*, [www.sierrafund.org](http://www.sierrafund.org), to support wildflower habitat preservation in the Sierra Nevada.

We wish to thank many practitioners throughout the world for their case reports. In particular we would like to acknowledge the seminal research of Dr. Claudia Stern in her book, *Lo Que Las Nuevas Esencias Florales De California Pueden Hacer Por Ti*.



John Muir (1838-1914)



*Cassiope mertensiana*

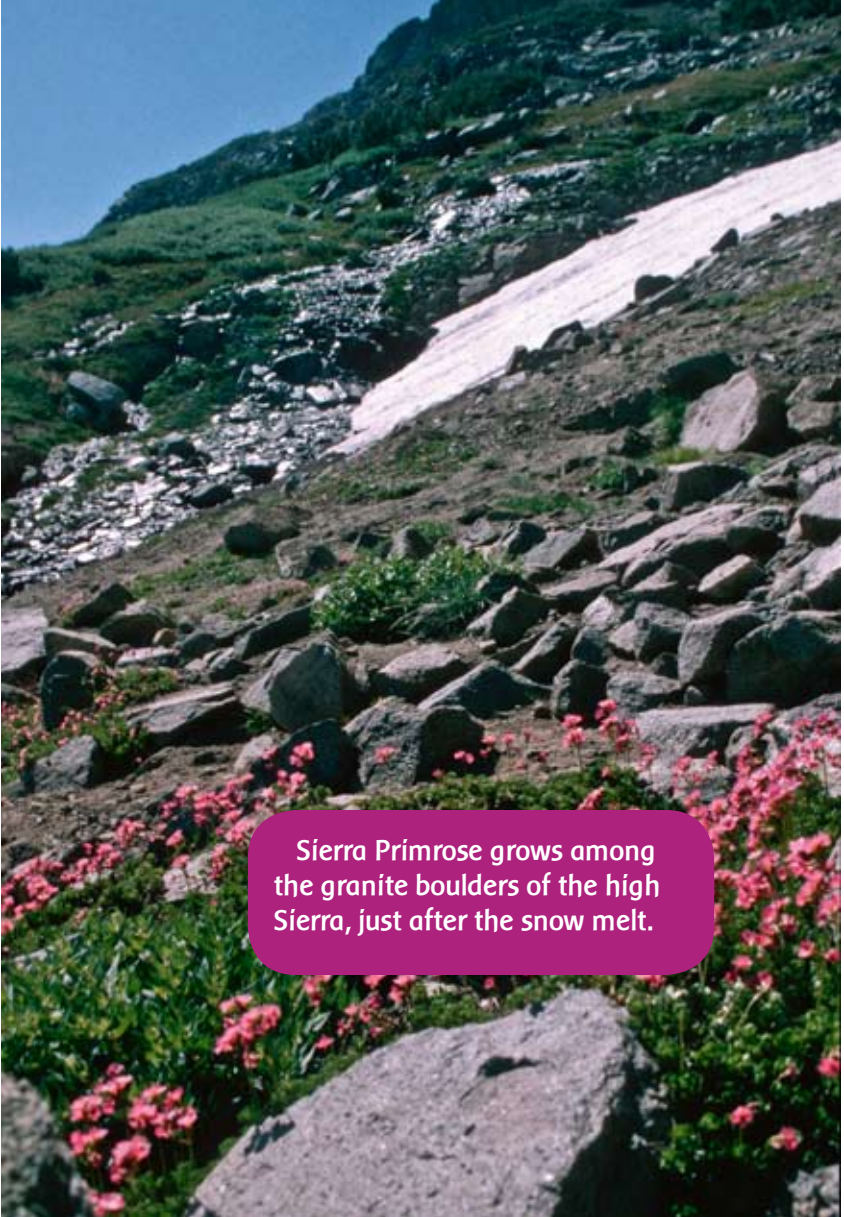
*“No evangel among the mountain plants speaks Nature’s love more plainly than the Cassiope. Where she dwells, the redemption of the coldest solitude is complete. The very rocks and glaciers seem to feel her presence, and become imbued with her own fountain of sweetness. ...I strode on exhilarated, as if never more to feel fatigue, limbs moving of themselves, every sense unfolding like the thawing flowers, to take part in the new day harmony.”* — John Muir

Downy Avens *Geum triflorum*



All the world lies warm in one heart, yet the Sierra seems to get more light than other mountains. — John Muir

Thus the snow flows fast or slow in grand beauty-making glaciers and avalanches; the air in majestic floods carrying minerals, plant leaves, seeds, spores, with streams of music and fragrance; water streams carrying rocks. — John Muir



Sierra Primrose grows among the granite boulders of the high Sierra, just after the snow melt.

High Sierra Meadows



Columbine  
*Aquilegia formosa*

If my soul could get away ... my first journeys would be into the inner substance of flowers. — John Muir



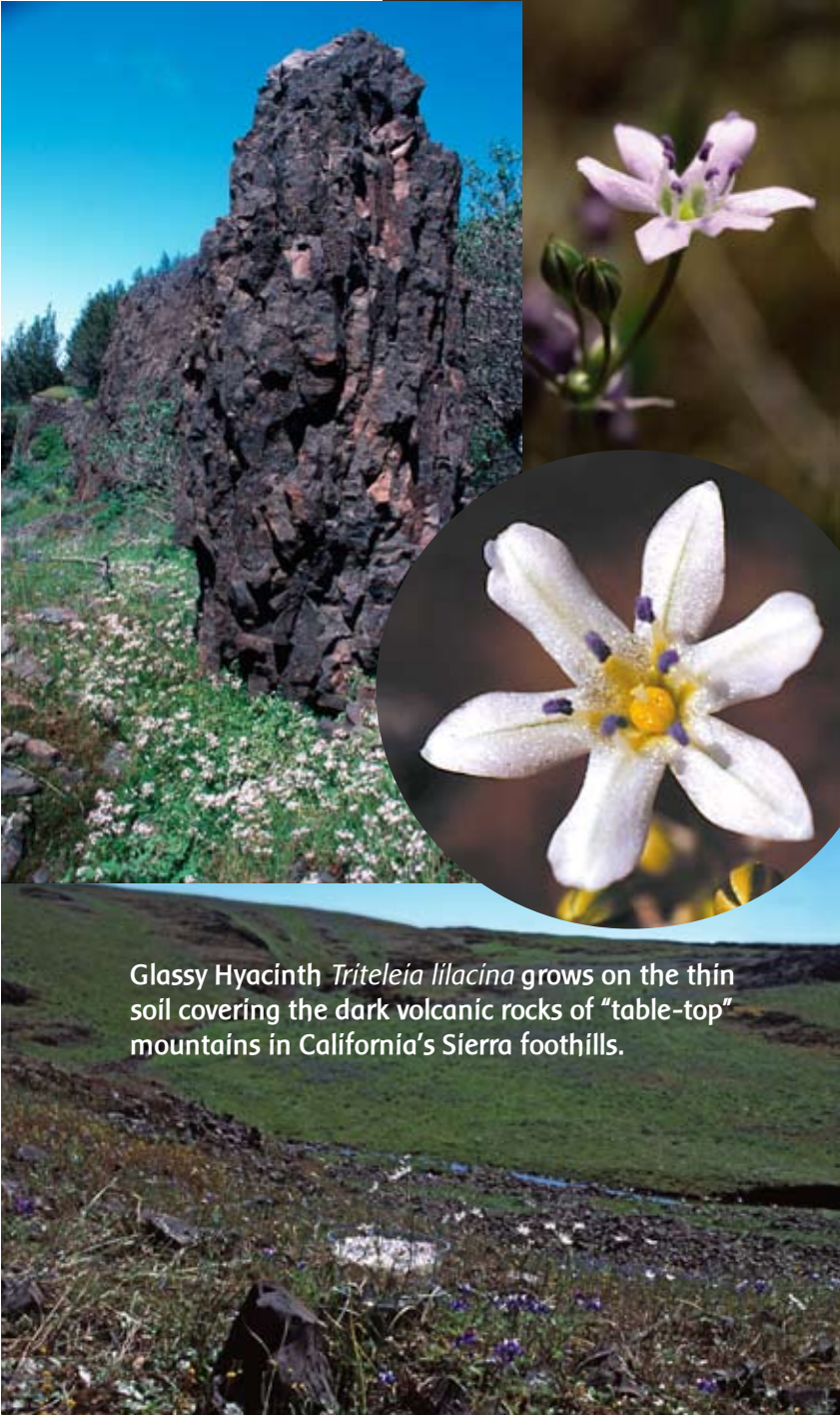
Green Cross Gentian  
*Frasera speciosa*



Tall Mountain Larkspur  
*Delphinium glaucum*



Volcanic "Tabletop" Mountains



Glassy Hyacinth *Triteleia lilacina* grows on the thin soil covering the dark volcanic rocks of "table-top" mountains in California's Sierra foothills.



Splendid Mariposa Lily *Calochortus splendens*

The Calochortus ....is a most impressive plant, pure as snow crystal, one of the plant saints that all must love and be made so much the purer by every time it is seen. It puts the roughest mountaineer on his good behavior.

— John Muir

Trees of Terra Flora



Almond *Prunus amygdalus*



Everybody needs beauty as well as bread,  
places to pray in and play in  
where Nature may heal and cheer  
and give strength to body and soul.

— John Muir

Madrone  
*Arbutus menziesii*



## Qualities of the *Range of Light* Flower Essences

### Almond *Prunus amygdalus*

**Positive qualities:** Ability of the heart to anchor a core structure of life-giving light; integration of physical incarnation and spiritual development; alignment of mental "light" forces with physical "life" forces; ability to find self identity through the integration of physical and spiritual realities (Life and Light)



**Patterns of imbalance:** Obstacles to proper physical development such as failure-to-thrive-syndrome; inability to take up earthly nutrition as a form of sustenance for body and soul; imbalances or lack of integration in physical and mental aspects of development

### Alpine Aster *Aster alpigenus*

**Positive qualities:** Body-free spiritual consciousness; ability to realize independent consciousness beyond the body; cultivation of sense-free states of meditation and dreaming; freeing of the spiritual body from the physical in the death transition or other spiritual experiences



**Patterns of imbalance:** Fear of death or spiritually transcendent states of consciousness; materialistic identification with the physical dimension; inability to recognize the reality of spiritual dimensions of existence due to over-identification with physical plane or physical body



### Blazing Star *Mentzelia laevicaulis*

**Positive qualities:** Radiant and inwardly vital will forces; masculine soul forces developed from an inner foundation of nurturing life forces; alchemical union of feminine water and masculine fire soul elements



**Patterns of imbalance:**

Predominance of water element in the body and emotions causing paralysis of the will; inability to catalyze soul fire; bifurcation of soul toward either a strong but rigid will or flowing but weak-feeling state



### California Peony *Paeonia californica*

**Positive qualities:** Celebration of life; healthy instinct for pleasure; cultivation of magnetic and charismatic soul forces through integration with the vital forces in the lower chakras



**Patterns of imbalance:** Predominance of passive yin forces, repressed vitality, sensuality or sexuality; difficulty with money and power issues



### California Valerian *Valeriana capitata*

**Positive qualities:** Tranquility and inner equilibrium; inner confidence for the future due to the soul's understanding of prior experiences; peaceful acceptance of life experiences



**Patterns of imbalance:** Shallow

breathing due to anxiety about the future; nervous agitation or insomnia; worry and unease when facing future life events that are viewed as challenging; addiction to sleeping pills or tranquilizers



### Cassiope *Cassiope mertensiana*

**Positive qualities:** Soul warmth that rays into the body; appreciation for all creation; the joy of physical existence; warmth as the source of well-being

**Patterns of imbalance:** Lack of appreciation for the spirituality inherent in the created world and the physical body; aloof or removed from the life pulse in Nature or the human body; tendency to use the cold forces of intellect or technology at the expense of the body's warmth



### Cherry *Prunus avium*

**Positive qualities:** Youthful joy and exuberance, feelings of innocence and openness; celebrating the threshold of adolescence; healing and integration of painful experiences in adolescence



**Patterns of imbalance:** Toxic blood or related skin conditions such as acne; loss of innocence, hope or youthful outlook on life; traumatic life experiences in adolescence that continue to plague the body/soul identity





### Chocolate Lily *Fritillaria biflora*

**Positive qualities:** Embodiment and acceptance of basic metabolic functions, especially the reproductive and elimination systems of the body

**Patterns of imbalance:** Lack of awareness of metabolic functions; aversion for eliminative functions of

the body; revulsion for menstruation, lactation; difficulty with elimination, poor intestinal function or blockages



### Columbine *Aquilegia formosa*

**Positive qualities:** Radiant expression of one's unique creativity and inspiration; distinctive individuality as a source of luminosity and radiance for others; inspired acting and speaking in the world

**Patterns of imbalance:** Hesitation to express one's creativity and individuality; inability to take social or creative risks; mid-life crisis calling for re-constellation of soul forces and life expression



### Corn Lily *Veratrum californicum*

**Positive qualities:** Developing a positive picture of the aging process in women; dignity and self-containment; acceptance and celebration of the wisdom and dignity of maturity; celebration of fullness in body and life

**Patterns of imbalance:** Feeling old and "dried up"; despair at the passing of youth and motherhood; difficult hormonal transition in body and soul; false attempt to return to youthful form or identity



### Desert Lily *Hesperocallis undulata*

**Positive qualities:** Ability to radiate beauty, artistry and grace within a mechanized urban environment; rejuvenation of self and others through feminine soul forces of beauty and grace; feminine water element of the soul as balm for fire imbalance in modern technology

**Patterns of imbalance:** Feeling oppressed by the invasive ugliness of technological urban culture; sensitivity to environmental disturbances, especially when lacking beauty or harmony





### Downy Avens *Geum triflorum*

**Positive qualities:** Intelligence that is integrated in head and heart; enduring wisdom derived from incremental development of soul forces; patient and progressive cultivation of thinking forces with over-all soul identity

**Patterns of imbalance:** Precocious development of intellectual capacities with lagging emotional development; easily

bored or distracted due to lack of heart attention and imagination; tendency to hyperactivity or Attention Deficit Disorder



### Dune Primrose *Oenothera deltoides*



**Positive qualities:** Connection with a nurturing maternal presence in the spiritual world; soul memory of the spiritual radiance of being born; awareness and gratitude for those beings who have guided the soul's incarnation into earth

**Patterns of imbalance:** Alienation from the mother soul of the world, feeling abandoned by the spiritual world; birth trauma, pregnancy during difficult social circumstances such as poverty, violence

### Explorer's Gentian *Gentiana calycosa*

**Positive qualities:** Renewed strength for meeting one's life purpose and spiritual destiny; transforming crisis and loss into new opportunities

**Patterns of imbalance:** World-weariness at mid-life; loss of connection with one's spiritual destiny and life purpose; profound health crisis or loss that depletes soul forces





**Fiesta Flower *Pholistoma auritum***

**Positive qualities:** Vulnerability, openness and receptivity in spiritual seeking; flexible yet strong soul structure for core spiritual beliefs

**Patterns of imbalance:** Dogmatism, rigid spiritual beliefs that are externally derived; authoritarian social or political viewpoints

**Fireweed *Epilobium angustifolium***



**Positive qualities:** Recovery of vital forces; phoenix-like powers of soul to re-construct and re-create new life; assimilation of alchemical fire toward new forces of life and rejuvenation

**Patterns of imbalance:** healing for events involving adversity and disruption, "trial by fire," wounding or disruption due to fire, heat or light and related technology or military weapons



**Glassy Hyacinth *Triteleia lilacina***

**Positive qualities:** Redemption of suffering; transformation of emotional darkness into the light of soul understanding; resurrection forces of soul triumph

**Patterns of imbalance:** Profound trauma, sorrow, emotional pain; inability to face evil, or the "shadow" of humanity; descent into hell



**Green Bells of Ireland *Moluccella laevis***

**Positive qualities:** Awareness of the elemental world in Nature; ability to work with elemental nature forces through one's own bodily matrix; Nature wisdom acquired through direct sensory experience

**Patterns of imbalance:** Overly romantic or mental relationship to Nature; lack of physical connection or embodiment in relationship to Nature and primal elemental forces



You wander from garden to garden enchanted, as if walking among stars ...each and all apparently doing their best with eager enthusiasm, as if everything depended on faithful shining. — John Muir

### Green Cross Gentian *Frasera speciosa* (*Swertia radiata*)

**Positive qualities:** Courageous soul alignment with the living being of the earth; hope and resolve for world service and healing despite setbacks or challenges

**Patterns of imbalance:** Feelings of overwhelm, despair and defeat with regard to the condition of the earth; bereft and discouraged when living connection with the earth is disrupted due to natural or man-made catastrophe; ability to carry the elemental "cross" of the world



### Green Nicotiana *Nicotiana glauca*

**Positive qualities:** Awareness of the heart beat of the earth as a sustaining force for humanity; alignment with the breathing pulse of the earth in one's own soul (such as seasonal rhythms and alternation of day and night)

**Patterns of imbalance:** Inability to care for life on earth due to the hardening of heart forces; materialistic, egoic, or militaristic tendencies due to arrhythmic technologies and lifestyles



### Green Rein Orchid *Platanthera sparsiflora*



**Positive qualities:** Ability to feel the life force of the earth within one's soul being; heart consciousness as a pathway to ecological consciousness

**Patterns of imbalance:** Abstract beliefs in ecology or social change that is not integrated as a living presence in body and soul



### Green Rose *Rosa chinensis viridiflora*

**Positive qualities:** Compassion as the doorway of connection to all living beings; love as a form of transcendent embrace and trust

**Patterns of imbalance:** Fear, mistrust, defensiveness; fear of being attacked or annihilated and thus developing barriers to other living beings



## Hawthorn *Crataegus oxyacantha*



### Positive qualities:

Strong and vital bodily forces that impart power, courage and bravery; positive assertive forces

### Patterns of imbalance:

Overly strong will that depletes heart balance; "Type A" aggressive, hostile personality; easily agitated or stressed when personal will forces are not satisfied



## Hyssop *Agastache urticifolia*

**Positive qualities:** Body-Soul integration of pain and suffering; ability to forgive and to accept forgiveness from others

**Patterns of imbalance:** Body-based guilt or shame, self-punishment or mutilation directed consciously or unconsciously at the body; soul memory of previous abuse or shame that degrades body image



## Joshua Tree *Yucca brevifolia*

**Positive qualities:** Individuation of soul forces through conscious transformation of family patterns and related cultural conditioning; enhanced freedom and compassionate insight for family and culture of origin

**Patterns of imbalance:** Generational karma which shackles the soul's potential; inability to break free from family or cultural patterns of dysfunction, such as alcoholism, addiction, depression, violence or hereditary illnesses; loss of individual identity and freedom due to lack of insight regarding familial and cultural influences



## Lady's Mantle *Alchemilla vulgaris*

**Positive qualities:** Alignment with the living dew mantle (hydrosphere) of the Earth; ability to catalyze magnetic "green" forces through hands and heart; plant consciousness integrated as a radiant healing force in the human soul

**Patterns of imbalance:** Dry or withered soul forces separated from the life mantle of the earth; intellectual or technical approach to healing; for the female reproductive system needing nourishment and stabilization when unconsciously aligned with the suffering of Mother Earth

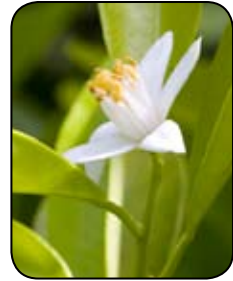


**Lemon** *Citrus limon*



**Positive qualities:** Ability to integrate expansion and contraction in mental forces of the soul; mental clarity balanced with imaginative and artistic capacities

**Patterns of imbalance:** Mental fatigue or related toxicity in the nervous system; dreaminess; learning disorders, including attention deficit



When we try to pick out anything by itself, we find it hitched to everything else in the Universe. — John Muir



**Lewisia** *Lewisia disepala*

**Positive qualities:** Profound expansiveness of the soul; star-like consciousness radiating exquisite sensitivity; the spirit breath of the cosmos united with the most tender aspects of human love and sensitivity

**Patterns of imbalance:** Tenuous hold on earth forces due to extensive astral forces that do not fully contract; “indigo” or autistic children who cannot bring their full soul forces into incarnation;

protection and sustenance during pregnancy or in early childhood for highly expanded soul types



When we contemplate the whole globe as one great dew-drop, striped and dotted with continents and islands, flying through space with all other stars, all singing and shining together as one, the whole universe appears as an infinite storm of beauty — John Muir



**Lady's Mantle**

## Lilac *Syringa vulgaris*

**Positive qualities:** Deep wellsprings of memory that rejuvenate the soul; neurological regeneration through stimulation of memory forces that connect the soul with joy and life meaning



### Patterns of imbalance:

Soul amnesia – inability to integrate or be nourished by past experiences of the soul, especially in early childhood; sadness, depression, or sense of burden due to a feelings of isolation, alienation or abandonment; reduced sensory experience as the precursor of brain disease or dysfunction

## Lungwort *Mertensia ciliata*

### Positive qualities:

Reclamation of soul light in the deepest structures of the body; recovery from depression or addiction with new forces of hope and upliftment



### Patterns of imbalance:

Depression registered in the body as physical gravity; listless, languid or drained – often localized in the respiratory system; sense of hopelessness or resignation with resulting depletion of energy; depression and low energy function associated with drug withdrawal



## Lupine *Lupinus latifolius*

**Positive qualities:** Expanded self-identity that is integrated within a larger community matrix; ability to sacrifice or sublimate personal needs or desires for a greater whole

### Patterns of imbalance:

Selfishness, greed; intense identification with petty concerns or narrow interests that stymie community welfare



### Madrone *Arbutus menziesii*

**Positive qualities:** Fullness and abundance of the physical body; ability to receive and enjoy physical nourishment

**Patterns of imbalance:** Severe dieting, non-acceptance of one's body weight or size; possible history of physical aversion to one's mother; malnourishment or disturbed breastfeeding; absence of physical soul warmth in early childhood



### Monkshood *Aconitum columbianum*



**Positive qualities:** Positive and courageous spiritual leadership; profound capacity for clairvoyance that is well integrated with social and moral values

**Patterns of imbalance:** Repression of spiritual capacities due to fear of psychic opening, often associated with traumatic memory of near death or related threshold experiences; paralysis of spiritual forces due to prior trauma or cultic abuse; hidden cultic or sexual behavior



### Mountain Forget-Me-Not *Hackelia micrantha*

**Positive qualities:** Vibrant and dynamic connection with spiritual teachers and guides; deep soul memory of karmic patterns affecting one's destiny; alignment with soul's life purpose through higher guidance

**Patterns of imbalance:** Soul angst and alienation, feelings of isolation due to lack of connection and guidance from the spiritual world; confusion about life purpose and direction



### Ocotillo *Fouquieria splendens*

**Positive qualities:** Positive fire forces grounded and integrated in the core individuality of the soul; charismatic fire as a source of heart radiance



**Patterns of imbalance:** Disembodied spiritual experiences not fully owned by the conscious soul; excessive psychic "fire" leading to emotional reactivity, psychic projection and distortion, or various forms of anger and violence; alcoholism and other drug addiction related to fire-imbalance

## Pedicularis *Pedicularis groenlandica*



**Positive qualities:** Deep mystical forces of the soul; profound soul memory which imparts positive emotional insight and wisdom; connection with ancient sources of earth wisdom and soul history

### **Patterns of imbalance:**

Pronounced sensitivity or hypochondria leading to seclusion or separation; fits of crying or other water imbalances; excessive emotionality which inhibits deeper understanding of one's soul pain, suffering or karma



## Pussy Paws *Calyptidium umbellatum*

**Positive qualities:** Physical contact as a source of grace and gentleness in the soul; ability to touch and be touched with sensitivity and sensuality; softening of the soul forces toward greater receptivity

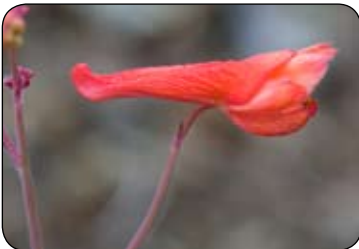
**Patterns of imbalance:** Fear of being touched; unable to allow softer side to be recognized or experienced by others; sexual abuse or violence that hardens the boundary of the skin and human touch



## Red Larkspur *Delphinium nudicaule*

**Positive qualities:** Ability to radiate energy through the body as a positive form of leadership; magnetic forces that catalyze and inspire energy in others; positive *Esprit de corps*

**Patterns of imbalance:** Lack of radiance and physical energy in the body; inability to energize or motivate others to accomplish common goals; lack-luster energy that repels or depletes community or group motivation



**Red Penstemon *Penstemon rostriflorus***



**Positive qualities:** Sense of adventure and risk-taking; positive athleticism at any age; determination and tenacity when facing physical challenges

**Patterns of imbalance:** Hesitation to take risks; lack of physical courage; inability to

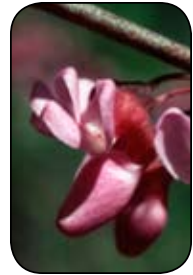
accept physical challenges or to rise to a new level of bodily ability regardless of limitations or challenges



**Redbud *Cercis occidentalis***

**Positive qualities:** Acceptance of the natural cycles of maturation and aging; body-soul regeneration based on a positive alignment with life cycles of death and birth

**Patterns of imbalance:** Overly materialistic approach to the body, desire to preserve the outer form of the body through plastic surgery, drugs, or extreme medical technologies that bypass the true cycles of life and death



**Redwood *Sequoia sempervirens***

**Positive qualities:** Stature and majesty in physical incarnation; soul embrace of creative forces for growth and physical vitality

**Patterns of imbalance:** Lack of physical strength, stature; hereditary or health issues that deplete vitality; stunted development of physical forces; spinal injuries or other afflictions to spinal health or bone structure



The clearest way into the Universe is through a forest wilderness.  
John Muir



### Rue *Ruta graveolens*

#### Positive qualities:

Internal cohesion and containment of psychic forces; activation of appropriate aspects of soul consciousness according to professional and personal responsibilities

ness according to professional and personal responsibilities

**Patterns of imbalance:** Scattered or confused psychic forces which deplete immunity and protective boundaries; need for greater clarity and discrimination in the activation of psychic forces



### Scarlet Fritillary *Fritillaria recurva*

**Positive qualities:** Integration of masculine fire forces within the feminine matrix; sexual vitality and reproductive health

**Patterns of imbalance:** Exhaustion of vital forces including anemic tendencies; depletion of physical forces during pregnancy, childbirth and lactation, and early child-rearing



### Shasta Lily *Lilium washingtonianum*



**Positive qualities:** Dynamic and creative expression of feminine soul forces, individuality and internal strength in alignment with core feminine soul values

**Patterns of imbalance:** Difficulty balancing feminine grace with masculine strength; over-compensation of masculine traits in order to appear strong or unique



### Sierra Primrose *Primula suffrutescens*

**Positive qualities:** Gratitude for the gift of life regardless of the outer condition of health; joy at the deep wellspring of the soul; physical vitality as the soul basis for enthusiasm

**Patterns of imbalance:** Lack of gratitude or reverence for the gift of life resulting in fatigue, boredom or depression; joyless living and habitually dulled response to life



## Splendid Mariposa Lily *Calochortus splendens*

**Positive qualities:** Soul alignment with the Mother of the World; capacity to recognize all members of the human race as having one Mother; ability to activate transcendent forces of mothering and mercy for all of the human family

**Patterns of imbalance:** Orphan state of consciousness as a root condition of humanity; soul pain and feelings of abandonment due to world trauma and warfare; divisions in the human family due to race, religion, nation, class, ecological disaster or warfare



## Spreading Phlox *Phlox diffusa*

**Positive qualities:** Activation of soul destiny through social impulses and connections; ability to recognize and manifest significant relationships that foster life purpose and destiny



**Patterns of imbalance:** Caught in meaningless social circles or false societal expectations; inability to identify new opportunities or connect with groups that are aligned with one's true soul purpose



## Tall Mt. Larkspur *Delphinium glaucum*

**Positive qualities:** Leadership based upon spiritual alignment; ability to hear, see and act in a greater capacity of soul leadership beyond one's immediate personality

**Patterns of imbalance:** Inability to receive or trust spiritual guidance; restriction of true spiritual gifts due to lack of dynamic connection to higher dimensions of soul inspiration



So extraordinary is Nature with her choicest treasures,  
spending plant beauty as she spends sunshine,  
pouring it forth into  
land and sea, garden and desert.

– John Muir



Lake Tahoe in California's Sierra Nevada Mountains

**FES Quintessentials™**

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Nevada City, California  
800-548-0075



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