

ART IN SOUL INFOSHEET

Herbs & Flowers: Qualities, Properties & Meanings

Blue Cornflowers

Used to help the flow of communication on all levels, unblock mental fears and calm the mind. An excellent herb to help overcome any obstacle or block which may be holding you back or preventing spiritual growth. Soothes sore throats, swollen glands and chesty coughs. Associated with Archangel Michael and Mother Mary and the Third Eye Chakra.

Dill Weed

Protecting, purifying and uplifting, this herb will assist the energy of the Heart Chakra to clear blocks and reduce fears. Good for disordered digestion, when feeling run down or general low energy. Associated with Archangel Raphael.

Hibiscus

A grounding herb particularly used to help with dizziness or feelings of isolation. Eases indigestion, water retention and soothes itchy dry skin conditions such as eczema. Can be used to increase libido and help romance flow! Associated with Archangel Uriel and Mary Magdalene and the Root Chakra.

Marigold Flowers

Few herbs have a more sunny and cheerful disposition than the humble Marigold. Their saturated orange / yellow glowing flowers bring joy, vitality and a more positive outlook especially through change. Helps with urinary problems – soothing for the skin if suffering with eczema, babies with nappy rash or sore gums. Alleviates nausea and indigestion. Associated with Archangel Jophiel and the Solar Plexus Chakra.

Blue Mulva Flowers

Humble and gentle herbs, soothing and cooling in nature. Can be used as protection against dis-ease, facilitate easy delivery of healthy babies and help give mental clarity. Associated with Archangel Michael and the Crown Chakra.

Elderflower

Protecting and healing. Aids with insomnia and soothes coughs and inflammations. Used to attract prosperity. Avoid drinking or bathing with if pregnant or breastfeeding. Associated with Archangel Raphael.

Jasmine Flowers

Used to increase inner strength, overcome tension and relax mind, body and spirit. Cleanses and balances the emotions. Helps to attract love on a physical and spiritual level. Helps to ease coughs and sore eyes. Associated with Archangel Metatron and Mary Magdalene.

Nettle (Stinging)

Extremely cleansing. Will assist to release the blocks to move you forward in life – especially when suffering from arthritis and rheumatism or any joint pain. Helps you to appreciate the sweetness in life and to understand the deeper meaning behind the challenges you may be facing. Associated with Archangel Raphael.

Chamomile Flowers

Associated with abundance and purification. Helps to let go of fears and worry and bring in acceptance. Works subtly to reduce colds, fevers and inflammations, helping to fight bacteria. Associated with Archangel Jophiel.

Heather Flowers

A very protective and grounding herb. Associated with Venus – this is a Goddess herb sacred to Isis. Guards and protects against crimes to women or can be worn to invoke good luck. Helps to suppress coughing, insomnia and strengthens the heart. Associated with Mary Magdalene.

Lavender Flowers

Used for inner peace. Helps to calm the mind, relax the physical body and release tension. Can be used for purification, grounding and protection against negativity or violence. Brings peace and a sense of happiness. Helps to ease headaches and migraines, insomnia, depression, aches and pains and stress. Associated with Mother Mary and Throat Chakra.

Raspberry Leaves

Very grounding and earthy, helping with dizziness and the sense of loss or detachment. Especially cleansing and healing on all levels. Will help unblock fears and sadness connected to love and the heart, helping those to move on without regrets or guilt. Helps you to be calm and relax, and can be used to aid digestive upsets. Associated with Archangel Raphael and the Heart Chakra.



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Rose Petals / Rose Buds

Love, in all forms. Helping to attract, grow and fulfil. Particularly helping those suffering with broken hearts through loss, grief, separation and loneliness to dispel fear and sadness. Bringing comfort, support and warmth. Calms during stressful times – bringing a little sweetness with its beautiful fragrance, when times are particularly difficult. Associated with Archangel Chamuel.

Sage

Protective and cleansing for aura and negative energies around the home. A 'cure all' but particularly good for calming the mind and quickening the mind and senses. Will give you strength and backbone to overcome challenges and fears.

Safflowers

Used to bring joy, happiness, serenity, motivation and fun more abundantly into your life. Ignites and enhances creativity. Associated with the Sacral Chakra. Helps with menstrual problems, healing of urinary infections, stomach ache and lower back ache. Associated with Archangel Gabriel and Mary Magdalene.



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