

fleurs célestes | a flower essence oracle & tarot deck
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How to Use This Deck, Why Flower Essences, and What Are They, Really?

(Pieces of this introduction were first written on Substack and then were adjusted for publication for my spirit baby communication oracle deck - The Celestial Temple - and my Visions of Christ, channeled Ascended Master Jesus deck)

This spiritual project started as an oracle deck. I was 33 cards in, with a completely different layout and plan, when I suddenly remembered a deck I made in 2020: Botanical Grace Tarot.

This former deck came with a digital guidebook that included the botanical associations of every card (as I learned through the Lo Scarabo Tarot Compendium). I wrote about their herbal uses and shared card details and journal prompts. I suddenly decided that my original plan of 44 Flower Essence oracle cards was not enough: I would combine two worlds - oracle and tarot - and use my old guidebook as my new guide in the development of these cards.

So what follows is exactly that: 78 oracle cards with tarot associations, a flower essence with every card - whether influenced by the botanical association or selected by myself through individual research and my favourite reference text, *Flower Essences and Vibrational Healing* by Gurudas - and an indicated moon phase.

This deck, in essence (pun intended), is, first and foremost, an oracle deck - meant to help you select what flower essence you should work with in your spiritual practice. The moon phases are meant to assist with guiding timing, lunar work, creating an association with the wheel of the year, or amplifying introspective reflection. Paired with the tarot titles, this can be used in tandem with personal or professional tarot readings to gain greater spiritual direction and growth through flower essence recommendations, or pulled as its own tarot reading.

This mini guidebook is not necessary; all the guidance you need is directly on the cards. All information following just adds greater layers to your personal study, and each card includes the original card meaning and journal prompts from my Botanical Grace Tarot, along with bonus card information as taken from my tarot deck, Celestial Smith Tarot. The journal prompts help you bond and understand the tarot cards - **not** the oracle aspect of the cards.

So, *what are Flower Essences, really?*

Flower Essences are vibrational remedies made from the energetic imprint of flowers, typically preserved in water and alcohol (like brandy). Unlike essential oils, they contain no

scent and are not made from plant material itself—they carry the energetic signature or spirit of the plant. This makes them especially aligned with spiritual and emotional healing, rather than physical symptoms.

Flower Essences are widely present in French Parapharmacies and were something I only became exposed to when living overseas. It almost feels as if the secrets of this gift are being hidden in North America, especially since so many of my clients learn about them for the first time through me.

Flower Essences are made using a process that captures the energetic imprint or vibration of a flower, not its physical components. Essentially:

- The flower is harvested - mindfully
- The flowers are placed in spring water and are either left there for several hours with the light of the sun/moon (“sun steeped”), or they’re boiled in the water to release their essence
- The flowers are removed and the water becomes what is called a “mother essence”; to prevent spoilage, it’s mixed with very little alcohol (usually brandy)

How do Flower Essences differ from Essential Oils?

The TLDR version: Flower Essences heal the soul while essential oils support the senses and body - but there is so much more to it!

- Flower Essences are vibrational remedies made from flower energy (no scent) vs. Essential Oils which are physical extracts distilled from plant material (aromatic influence)
- Flower Essences work on emotional, spiritual, and energetic layers vs. Essential Oils which work on physical and mental layers, often used in body care
- Flower Essences are taken internally or applied to energy centers (though ingestion is my favourite method because of the intensity at which it works) vs. Essential oils which are typically applied topically (with a carrier oil or lotion) or diffused for inhalation
- Flower Essences are non-allergenic, safe during pregnancy, and can be used by children; essential oils may cause skin reactions, are not safe during pregnancy and should only be used via diffusion for children

What are the key spiritual benefits of using Flower Essences?

Support During Ascension and Awakening - This is the most important benefit of all, and it’s one I want to touch upon right away. The vibrational impact that you feel upon starting

a Flower Essence remedy is profound, while still managing to keep you grounded as you navigate new stages of Ascension along your spiritual journey. During periods of spiritual acceleration or if you are suffering from Ascension symptoms, Flower Essences can ground your energy and stabilize your emotional state. They often act like gentle guides during transformation, helping you stay centered while integrating new frequencies. They open you up while subsequently keeping you shielded and safe. It's incredible.

Energy ReAlignment - Flower Essences can subtly align your vibration, your auric sphere, and your Chakras. I find they help get your energy centers spinning in-tune with the Universe and help with blocked energy throughout the body. This is especially useful if you're having trouble navigating anxiety, opening up your heart to forgiveness, or even conceiving, just to name a few benefits.

Connecting With Nature and Plant Consciousness - Our ancestors knew the secret: plants and stones hold energetic frequencies that can heal us and help us navigate our emotional journeys in ways nothing else can. Using Flower Essences helps you tap into this plant consciousness and connect and ground with Gaia. Many people report intuitive messages or healing dreams after consistent use - for me, it felt like what I imagine being high feels like (I don't and have never done drugs).

How would you recommend using them in spiritual practice?

For me, it's as simple as a once-a-day two-week ritual of using the Flower Essence directly under my tongue at the same time, every day (usually night, as it opens you up to amazing dreams). Some people add them to water and then drink the water throughout the day. Others may pair their Flower Essence with a certain tarot or oracle deck - or pull - and use it as an extra tool for assisting the emotional alchemy of the reading you just had. And some folks anoint Chakra points directly, or even pick a different Flower Essence for every moon cycle.

How you use Flower Essences is up to you and what you feel drawn to, but I can guarantee you this: it will blow your mind and completely transform your spiritual practice in the most beautiful ways.

Anything you are looking to navigate, you'll probably find a Flower Essence to match it. In a world of quick fixes and loud remedies, Flower Essences offer a quiet and sacred revolution! They offer healing through their subtle presence and deep vibrational resonance. When integrated into spiritual life, the shifts may not be dramatic but the results will certainly be profound.

Tarot Basics - a Mini Overview

Major Arcana

Deals with the "big stuff" - big events, big problems, long-term outcomes

Describes the Fool's Journey through life - all its ups and downs and lessons learned
Describes important people in this Journey and important archetypes
Tells big stories

Minor Arcana

Deals with minor details - short-term outcomes, small roadblocks or challenges, little lessons and events
Is separated by four suits that each have a unique focus
Speaks about important people or moments in the Journey
Tells small stories

<i>Swords</i> Air, Autumn, weeks, reason, logic, intellect, state-of-mind, inner conflict, cutting through illusion, rationalization, self-made problems	<i>Pentacles</i> Earth, Winter, years, substance, physicality, reality, financial matters, manifesting success, how we shape the world around us
<i>Cups</i> Water, Summer, months, emotions, feelings, passions, connecting to others, sensitivity, opening up	<i>Wands</i> Fire, Spring, days, inspiration, creativity, action, movement, goal-oriented, contemplation, motivation

The Major Arcana represents the journey of The Fool through the Tarot. When cards from this section come out in your tarot reading, it speaks to important people, lessons, or big events.

The Minor Arcana gives insight into short-term timelines such as everyday life. The numbers on each of the court cards represent transitioning through the stages of growth, much like The Fool's Journey through the Major Arcana.

The Court Cards represent people or figures in your life - or are sometimes archetypes of yourself in the moment.

ACE signifies the beginning; the next cards speak to choices made and action taken, changes that occur, and then it culminates with the end of a cycle at the TEN. Each journey through each Suit is very specific, and each number in the suit speaks to a central theme or focus (no matter which suit it is).

General Card Meaning Overview

Major Arcana

O The Fool	air innocence immobility beginnings, journeys, naive, new cycle - risk it & leap onto a new path This card encourages you to be a free spirit and take the leap; sometimes new beginnings require a risk. Herbal Association: Ginseng Usages: Ginseng can be used for overall health, skincare, and general well-being. It is often recommended in spiritual practices as a way to clear energy blockages in the chakras. Journal Prompt: What adventure are you ready to welcome into your life, without fear or hesitation?
I The Magician	air mercury ability stasis energy, invocation, alchemy, power - manifest reality through focused intention He has the ability to manifest magic out of thin air, anything he sets his mind to will come to be as he has control over all the elements, he is powerful enough that he knows himself and lets his inner world reflect in the external. Herbal Association: Astragalus Usages: Astragalus is a flower that is known to have immunity boosting properties. It can also be used to help battle the common cold. Journal Prompt: Where can you use your inborn talents to make magic happen? What initiative do you need to take to be successful?
II The High Priestess	water moon wise superficial femininity, intuition, journeys, peace - trust your subconscious wisdom This is the card of feminine spiritual power and symbolizes a person who is highly intuitive, aware of the <i>inner life</i> and has the ability to balance the duality of their life: the light and the dark, the good and evil, truth and deception, the positive and the negative, etc. Herbal Association: Peony Usages: It's curious that Peony should be associated with the Divine Feminine of the High Priestess because it's a go-to plant for women who are experiencing menstrual cramps. Journal Prompt:

	What hidden signs and meanings surround you that are leading you to where you are meant to be?
III The Empress	earth venus create destroy fertility, femininity, creativity, motherhood - nurture through abundant creation She represents someone with a strong feminine energy that usually manifests as a person who takes a “motherly” role or is immensely creative. Sitting comfortably in her chair, she is a person who brings comfort to those who are surrounded by her presence. She is the divine feminine, and she brings about lush beauty to everything she touches, to all whom she loves; nurturing and gentle motherhood. Herbal Association: Dong Quai Usages: It can be used in any form and is said to benefit blood health and regulates estrogen levels. Note: Dong Quai is a root, and the flower is Angelica Sinensis. This flower essence is the botanical representation of The Sun but that essence has been changed. Journal Prompt: What creative gifts and talents are you most proud of? How will you share those gifts with the world?
IV The Emperor	fire aries control reckless assertion, dominance, intelligence, fatherhood - lead with steady authority He brings a sense of order, structure, and organization into the lives of those who know him. He is an individual who lives to be of service to others but blends into the background - he does not want to be noticed for this selflessness. True power and recognition to him is knowing he helps others feel safe. A father figure. Herbal Association: Atractylodes Usages: Atractylodes is a traditional Chinese medicine, and this herb is often used to treat eczema and chronic illnesses. Note: There are no flower essence equivalents for Atractylodes; Centaury is the closest for spiritual equivalency. Journal Prompt:

	How have you embraced logic and reason in your current situation in order to succeed?
V The Hierophant	earth taurus guidance fear teacher, rituals, structure, education - wisdom lived through generations This is the card that is representative of teachers and mentors (if not literally, then figuratively in the lives of those around them). This is often a card of natural-born leaders. It is a person who has a strong spirituality but a strong tie to customs and traditions. It often represents someone with great wisdom that their personal community (friends, family, etc) often look to for guidance or knowledge. Herbal Association: Sage Usages: How fitting that the leader of spiritual groups should be represented by Sage! This is a cleansing herb that can be burned and balances harmonies and energies. Journal Prompt: What studying will you seek out in order to improve your spiritual guidance and education?
VI The Lovers	air gemini choice nothingness romance, harmony, balance, soulmates - lead with the heart and choose consciously This card represents the mastery of both the feminine and masculine energies within oneself. This card often shows the man and the woman naked, which implies an openness to understanding and accepting all aspects of yourself. This card is not truly about love but about the union of opposites (though it can mean love as well). It's about understanding your dual nature and the harmony that understanding brings you in life. Herbal Association: Parsley Usages: This herb has detoxifying effects and is high in various vitamins! Improve your immunity with parsley, and watch your skin clear with this fresh herb. Note: Wild Parsley is the flowering plant that provides the flower essence. Journal Prompt:

	What choices are you currently making that honour the truth that lies within your heart?
VII The Chariot	water cancer conquest apathy movement, action, initiation, confidence - move forward with trust and determination This card emphasizes that you have the ability to master your inner conflicts. This is a card that represents someone with perseverance and an ability to triumph. While you may be a little naive, you are certainly brave and if you remain focused on a goal, you can propel yourself in that direction. This card can also represent movement or travel. Herbal Association: Cyperus Usages: It's believed that this herb was used in Ancient Egypt to help with inflammation and indigestion. Note: There is no Cyperus flower essence - Walnut has the same spiritual properties, and is one of the best essences for transitions. Journal Prompt: Success is the result of hard work, drive, and determination - how are you putting this in to reach the results you want?
VIII Strength	fire leo discipline brutality perseverance, fear, courage, relief - infinite gentleness overcomes force The woman on the card is not shown attacking the lion who wishes to overcome her, but cooperating with it. She is mastering her inner beasts and taming her primal instincts in order to better master herself. It is representative of a person who is strong through their gentleness. This is a person who is self-confident and at harmony with themselves, even if you feel you don't have the courage to express it; it is within you. Do not doubt it. You exhibit moral courage and fortitude. You are a person who has come through difficulties in their life and learned to rely on that inner strength you have to solve these problems. Herbal Association: Cayenne Usages: Add a little healthy spice to your life with Cayenne; it will boost your metabolism and helps in overall digestive health. Journal Prompt: Look inside yourself - what parts of your spirit do you need to master in

	order to attract happiness and abundance?
IX The Hermit	earth virgo withdrawal exile introspective, wisdom, solitude, spirituality - find truth in stillness within A person represented by THE HERMIT is someone with clear introspection and a love of solitude. They appreciate <i>aloneness</i> and see it as a time to reflect on how to improve themselves and their lives rather than someone who gets <i>lonely</i>. They are wise people who don't have difficulty with the process of self-love and seek to be the very best version of themselves through meditation on the study of themselves. Herbal Association: Licorice Usages: Licorice root helps with gastrointestinal problems and can aid in the repair of internal digestive issues. Journal Prompt: What aspects of yourself do you discover through spiritual respite and meditation?
X The Wheel of Fortune	fire jupiter lucky stagnant chance, action, destiny, cycles - surrender to the endless movement of life This is the wheel of fate, the movement of destiny, the evidence of forces over which we have no control. This card can represent breaking karma and beginning a new cycle, as well as a reminder of life's ups and downs. Herbal Association: Slippery Elm Usages: This North American tree can be used to soothe internal inflammation and helps with minor skin conditions. Note: Elm is the flower essence equivalent of Slippery Elm. Journal Prompt: For every struggle in your life right now, write down one positive lesson learned.
XI Justice	air libra equality cruelty legality, harmony, karma, integrity - truth & accountability restore balance This card usually appears when there are legal battles underway; it's about finding a balance and achieving harmony in a situation. Like The Wheel it has karma connections; you get what you give. Herbal Association: Plantain Usages: Traditionally associated with healing, soothing, protection,

	drawing out impurities, and repairing damaged tissue Journal Prompt: Where do you need to acknowledge and take responsibility for your actions? What have you been ignoring due to ego?
XII Hanged Man	water vision ignorance perspective, change, truth, surrender - see light through transformed eyes He is a reminder to look at a situation in a new light. Disconnect from the situation to see it with new eyes (and less bias). Wait to act until you better understand the circumstances. Herbal Association: Kelp Usages: This underwater plant is known to have detoxifying effects on the body and is believed to aid in stress relief. Note: Kelp does not have a flower - a spiritual equivalent is Star of Bethlehem flower essence. Journal Prompt: What situation calls you to surrender your need for control?
XIII Death	water scorpio change apathy transformation, endings, revelations, shadows - every ending has a bright horizon This is not a card about literal death but about transformation. Think of it as the Phoenix card - rising from the ashes and, having learned lessons from the past cycle, entering into a new one with more confidence and strength. Herbal Association: Elderflower Usages: Do you have allergies? Elderflower will help you out! It's believed to aid in reducing swollen sinuses and can also be used to combat cold and flu symptoms. Journal Prompt: Death is the card of transformation - what transformation have you recently gone through? What new beginning are you anticipating from it?
XIV Temperance	fire sagittarius refine disparity balance, alchemy, moderation, integration - healing begins through harmony This is the card representative of compromise, about finding balance in a situation that evens out what you need and what you want. It is also a

	reminder of patience and adapting yourself to circumstances. Herbal Association: Echinacea Usages: A great herb to use daily for overall health, this herb helps fight the common cold, aids in healthy cell growth, and can be used to help lower blood pressure. Journal Prompt: What have you been overindulging in recently that requires your moderation? What is out of balance which requires harmony?
XV The Devil	earth capricorn drive obsession power, passion, intensity, seduction - release your bonded & limiting attachments This card represents the darkest passions within yourself as well as being controlled, either by a person, a situation, or an addiction. It's a reminder to let go - or escape from - power and control issues as well as toxic relationships. Herbal Association: Lobelia Usage: Parts of the Lobelia plant are used in medicine for breathing problems. Journal Prompt: Confront the darkness within yourself in order to free yourself from your fears, pain, and darkness. Acknowledge your shadow self in order to rise.
XVI The Tower	fire mars collapse stillness destruction, change, alterations, removal - rebuild false foundations & begin anew Everything has to fall apart before it can build up better than it was before. This is the "scariest" card in the deck because it never indicates that the change or transition will be easy; it will be very hard and very exhausting and very challenging. But it ends up being worth it. Herbal Association: Garlic Usage: How coincidental that this potent herb is associated with the potent message of The Tower! Garlic can combat illness and be used for general overall immune wellness. Journal Prompt: What limiting structures are you going to tear down in order to rebuild something bigger, stronger and wiser?
XVII The	air aquarius inspiration gloom

Star	serenity, foresight, rejuvenation, peace - hope brings healing & renewal This card represents being renewed by hope and that harmony and joy will soon enter your life. After the storm of The Tower, The Star is the calm and knows you've proven your strength to continue onwards. Herbal Association: Skullcap Usage: This ancient herb has been used for anxiety and it is also believed to have antioxidant benefits. Journal Prompt: The light is always darkest before the dark - what light are you found that is guiding you and given you hope?
XVIII The Moon	water pisces dream blindness introspection, dreamwork, shadows, sensitivity - navigate uncertainty with your intuition This card is about the mastery of the subconscious self, about trusting your intuition and looking past illusion. Don't be consumed by fantasy but instead trust your instincts about the situation. Herbal Association: Lemon Balm Usage: Lemon balm can be used to regulate stress levels as well as helping with overall digestion and nausea concerns. Journal Prompt: When observing the path ahead and finding it unclear, write what may be your own fears and illusions fogging your intuition and what is the reality of the situation.
XIX The Sun	the sun energy nothingness healing, manifestation, harmony, clarity - joyful authenticity manifests abundance This is a joyful card - it's hard to believe it could ever be viewed as a negative. It represents contentment, clarity, expansion of self, and celebration. Herbal Association: Angelica Usage: All parts of this <i>heavenly</i> plant can be used in medicines. It's used for digestion concerns that range from ailments such as heartburn as well as aiding in appetite. Note: Because Angelica was used for The Empress, I have chosen a flower essence with similar properties.

	Journal Prompt: Write affirmative statements of what you wish to manifest in your life.
XX Judgement	fire rebirth motionless realization, movement, forgiveness, divine calling - awaken & heed to your soul's path There's no going back with this card - you are called to act. It can sometimes mean calling in your guides and angels to assist you. It's time to step into your new reality and know that things will never be the same. Herbal Association: Goldenseal Usage: This herb is great to combat all kinds of symptoms of the common cold such as runny nose, stomach issues, and even respiratory problems. Journal Prompt: What is your true calling? What is holding you back?
XXI The World	earth saturn complete reversal success, reward, fulfillment, travel - abundance waits at the end of sacred journeys The end of a cycle, the completion of a challenging time or period in your life, reaching a goal. This card is about letting go to life and seeing the light at the end of the tunnel. The world is your oyster. Herbal Association: Comfrey Usage: Traditionally used for diarrhea and stomach issues, this plant can also be used for relieving pain and inflammation. Journal Prompt: What does it feel like when you have accomplished a goal? Meditate on that feeling in order to attract endless abundance to you.

Minor Arcana & Court Cards

SWORDS	ACE - on the positive side it represents power; while it can negatively imply conflict, you just need to go for it and get what you deserve, but be smart about it air gemini, libra, aquarius mental discipline, achievement, justice, breakthrough - clarity cuts through all confusion Herbal Association: Chamomile Usage: It's quite funny that this should be the first herb mentioned in the
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suit of heavy-thinking air signs. Chamomile relieves stress, anxiety, and insomnia.

Journal Prompt:

What's on your mind; what do you most want right now? How can you clarify the vision to ensure your success?

TWO - on the positive side, this represents internal discussion; on the negative side, it could be an inner battle. You need to find the balance within yourself and recognize which struggles you've invented in your mind.

air | moon in libra

duel, meditation, blockages, discernment - clarity arrives with mental stillness & inner knowing

Herbal Association: Passionflower

Usage: Along with being an immune booster, this flower also helps with nerves and sleeping, and is also believed to be an assistant in depression.

Journal Prompt:

Weigh your options before you make a decision - make a pros and cons list for the decisions in your life.

THREE - on the positive side this card represents vulnerability and growth; on the negative you could be blocked from the pain. It's okay to take time to heal your heart from this suffering

air | saturn in libra

heartbreak, sorrow, treason, release - let grief transform into acceptance

Herbal Associations: Pleurisy Root

Usage: Pleurisy root should not be used without professional recommendation, but is believed to be an aid for respiratory concerns.

Journal Prompt:

How is the harnessing of your own pain preventing from growing and moving forward?

FOUR - on the positive side this card suggests meditation; on the negative it suggests you're failing to communicate honestly; it's time to rest and

reflect

air | jupiter in libra

meditation, solitude, patience, repose - rest & reflection renew the spirit

Herbal Association: Mullein

Usage: This herb is used as an aid for common cold and flu symptoms, especially those related to cough and throat.

Journal Prompt:

How will I take extra time to rest and relax in order to be at peace with myself?

FIVE - on the positive side, this represents selfishness (for good reason), on the negative, it represents being complacent to defeat. You need to stop the battle

air | venus in aquarius

exile, defeat, humility, perspective - not every battle deserves your energy

Herbal Association: European Mistletoe

Usage: This herb is seen as an effective aid for physical and mental exhaustion, and is said to help relax the user as well.

Journal Prompt:

Carefully examine how you treat others and how you let others treat you.

SIX - on the positive side, this represents a journey; on the negative, this card could signal trying to escape a problem; it's time to let go and begin again

air | mercury in aquarius

escape, transitions, exploring, curiosity - healing towards peaceful waters is unfolding

Herbal Association: Vervain

Usage: Vervain is an ancient herb that is used in general ailments such as headaches, body pains, and digestive problems.

Journal Prompt:

Chart the course for the life you dream of, write what is standing in your way and let go of it.

SEVEN - on the positive side, this card represents being sneaky to reach a goal; on the negative, this represents rumours and dishonesty. All in all, it's time to cut ties with this person

air | moon in aquarius

dishonesty, deception, hidden secrets, strategy - integrity protects your karmic path

Herbal Association: Wood Betony

Usage: The main usage of this herb is related to digestive issues such as heartburn, indigestion, and gout. It also can be used for respiratory problems.

Journal Prompt:

Why is honesty and authenticity important to you?

EIGHT - on the positive side, this card represents knowing your limits; on the negative side, it means being bound by self-imposed restrictions. You need to initiate the change; you are trapping yourself

air | jupiter in gemini

paralysis, self-imposed fear, limitations, perspective - see beyond your illusionary barriers

Herbal Association: Black Cohosh

Usage: This herb is traditionally used for menopausal symptoms such as night sweats, hot flashes, mood swings, and headaches.

Journal Prompt:

What limits are you placing upon yourself that are preventing you from moving forward?

NINE - on the positive side, this card could just represent sleeplessness, but on the negative, it could be insomnia due to crisis; you need to work through these troublesome thoughts

air | mars in gemini

despair, sleeplessness, anxiety, compassion - let hope bring stillness to all fears

Herbal Association: Valerian

Usage: This is an herb that helps with insomnia, relaxation, and overall stress relief. Careful - this herb has the opposite effect on cats!

Journal Prompt:

What thoughts are controlling you? Write them down to let them go.

TEN - on the positive side, this card could mean transcendence, while on the negative it could mean personal ruin; it's time to end something and move on, transform, be reborn

air | sun in gemini

desolation, emptiness, defeat, renewal - healing can only begin through surrender

Herbal Association: Ephedra

Usage: Traditionally used as a metabolism aid for weight loss, this herb can also help with respiratory concerns.

Note: Ephedra is not a popular flower essence, and instead Olive was chosen to align with the message of the 10 of swords.

Journal Prompt:

What ending are you ready to let go of to prepare for a new beginning?

COURTS

PAGE - on the positive side, this person is clever, but on the negative, they can be quite dull; they're inexperienced and need to evolve before they act; this person brings an air of negativity to every situation (always thinking about the worst that can happen). Best described as the mood killer.

earth of air | body

cleverness, dullness, apprenticeship, inquisitive - wisdom begins with curiosity

Herbal Association: Dill

Usage: Not only is it delicious with multiple food usages, it also is rich in antioxidants, aids in digestion, and has a lot of vitamin A and C.

Journal Prompt:

What spontaneous decision have you made which didn't work out for you? What did you learn from this experience?

KNIGHT - on the positive side, this person is brave, but they can also be

overwhelmed by fear of being wrong; they are somewhat unstable and unpredictable due to their passion and intellect; this person is ever-moving, and his brain does not shut off. Best described as the anti-team player.

air of air | gemini | mind
determined, direct, activist, courageous - conviction serves the highest good

Herbal Association: Wild Cherry Bark

Usage: The bark of this tree is used for its medicinal benefits, which includes aiding with cold symptoms and digestive pain.

Note: Wild cherry bark is not a flower essence, but cherry plum is a Bach's essence.

Journal Prompt:

What do you want? How do you plan to go after it with single-minded determination?

QUEEN - she is very articulate, but she can sometimes fail to act on her words; she is wise and reflects for far longer than she should, but she is ruled by her mind above her heart; this woman uses her experience to quickly shut you down. Best described as a person with an attitude problem.

water of air | libra | heart
wise, articulate, honesty, clarity - discern with compassion before making decisions

Herbal Associations: Lady's Slipper

Usage: This herb is extremely effective in helping fight insomnia. It also aids in anxiety and nervousness.

Journal Prompt:

What situation called on you to hold your ground? When were you truly wisest of them all?

KING - he has great mental fortitude, but he also has a very fragile ego; he likes to take action, and he likes to show how intelligent he truly is; this man is always there when you need him. Best described as wise ol' reliable.

fire of air | aquarius | spirit
justice, integrity, genius, egotistical - truth strengthens wise leadership

	Herbal Association: St. John's Wort Usage: This herb is a powerhouse that aids in skin care, hair care, and overall health. It helps with pain, anxiety, and is believed to have antiviral properties. Journal Prompt: How does your ego step in the way of you being most successful?
WANDS	ACE - on the positive side, it represents initiative; on the negative side, it can represent being at a standstill. You have the passion and spark to drive you forward, so don't lose it. fire aries, leo, sagittarius initiative, willpower, adventure, vitality - ignite the creative spark within you Herbal Association: Yarrow Usage: It's said that this herb aids in menstrual pains, improve circulation, and also help with assisting in stopping bleeding. Journal Prompt: Driven by passion alone - not fear or the confines of cost - what would you create, right this moment? What would you do that would bring you the most joy? TWO - on the positive side, it represents having ambition, while on the negative side, it can mean waiting and restlessness. Don't be trapped by your indecision; the world is in your hands fire mars in aries restlessness, desire, yearning, ambition - envision the future expansion of your dreams Herbal Associations: Basil Usage: The health benefits of basil are endless - and it's delicious! It's a stress reliever, it has virus fighting properties, is a natural anti-inflammatory, and helps with overall heart health. Journal Prompt: Visualize your desires and then write them down - now set up a plan to achieve those desires. THREE - on the positive side, it represents waiting for something good,

while on the negative it can represent delay and being held in place; have patience and know it will all happen as and when it should

fire | sun in aries

delay, anticipation, hope, patience - waiting with expectation may limit what arrives

Herbal Associations: Saffron

Usage: It's believed that saffron has cancer fighting properties, and it also aids in digestion and helps heal wounds.

Journal Prompt:

What action will you take to produce the results you want to see?

FOUR - on the positive side it represents celebration, on the negative side it represents being obsessed with perfectionism; enjoy the process and be ready to celebrate

fire | venus in aries

victory, stability, preparation, homecoming - celebrate blissful foundations with others

Herbal Association: Fennel Seed

Usage: Fennel seeds have numerous health benefits which includes digestive assistance, it provides a great dose of iron, and is high in antioxidants.

Journal Prompt:

How will you take time this week to celebrate your joy with friends and family?

FIVE - on the positive side it represents competition, on the negative side it represents conflict; remember that after the battle, magic is made

fire | saturn in leo

competition, rivalry, strife, commotion - growth emerges through spirited challenges

Herbal Association: Turmeric

Usage: Turmeric is wildly beneficial to overall health! It's great for skin problems, it helps with inflammation, helps with blood health, and is known to help combat depression.

Journal Prompt:

Conflict breeds inspiration - what conflict has inspired you lately?

SIX - on the positive side it represents victory, on the negative side it represents vanity; be prepared to enjoy the success and fame related to your hard work but don't let it get to your head

fire | jupiter in leo
courage, accomplishment, arrival, fame - recognition follows your well-earned victory

Herbal Association: Hawthorn

Usage: This berry is believed to have antioxidant properties, aids with cardiovascular health and helps with your metabolism.

Journal Prompt:

Write down everything about yourself that makes you proud. Write down everything about yourself that you love and that others love about you.

SEVEN - on the positive side it represents dealing with opposition, while on the negative it represents being defensive; stick to your guns and be ready to fight with confidence for what you believe in

fire | mars in leo
inspiration, defense, battle, courage - protect what you passionately commit to

Herbal Association: Wild Ginger

Usage: This herb has powerful medicinal benefits; it helps clear your skin, helps with digestion and inflammation, and especially nausea. Wild Ginger in particular is great in a tea.

Journal Prompt:

Where have you stood your ground when you otherwise thought to bend? Were you really at an advantage point?

EIGHT - on the positive side it represents speed, while on the negative it represents being stuck; you've got a lot on your plate so don't be overwhelmed but get ready because you'll have to make a decision very quickly

fire | mercury in sagittarius
quick thinking, reaction, advancing, responding - swift changes require

rapid responses

Herbal Association: Sassafras

Usage: Believed to help with arthritis and boosts your immune health, sassafras also helps with circulation.

Journal Prompt:

Slow and steady wins the race, but sometimes you need to run. Why are you hesitating?

NINE - on the positive side it represents pushing forward, on the negative side it represents fear; don't be so trapped by your fear that you forget to be defensive and make a move

fire | moon in sagittarius

tenacity, vigilance, labour, defense - persevere in protecting your path

Herbal Association: Bayberry Bark

Usage: It is not recommended that this herb is used without professional approval, but it is said to relieve headaches and help with nausea.

Note: Bayberry is not a common flower essence; Clematis was selected as it aligns with the energy of Nine of Wands.

Journal Prompt:

Where do you need to mark boundaries to ensure no one takes advantage of you? Where do you need to remove the boundaries you set for yourself?

TEN - on the positive side, it represents overcoming fatigue; on the negative, it represents feeling incomplete. This is the end of a cycle of oppression and difficulty; share the weight

fire | saturn in sagittarius

fatigue, overloaded, toiling, resilience - carry forward only what serves you

Herbal Association: Prickly Ash Bark

Usage: Prickly ash bark is used as a digestive aid and is looked at like a tonic.

Note: Prickly Ash Bark is not a flower essence, but I have selected Oak which aligns with the meaning of the Ten of Wands.

Journal Prompt:

Your load right now is very heavy - how can you lighten it and who can you delegate tasks to (without feeling guilt)?

COURTS

PAGE - on the positive side, this person is very brave, but on the negative side they can be consumed by their own fear; they like to wait and let things develop, learning more about them before they make a move, but when they spot an adventure that calls them, they don't hesitate to jump. Best described as the risk taker.

earth of fire | body

inventor, advocate, daring, courageous - follow your curiosity towards adventure

Herbal Association: Shepherd's Purse

Usage: This herb aids in circulatory problems and overall heart-health.

Journal Prompt:

What mysteries of life lead you to want to learn and discover more?

KNIGHT - on the positive side, this person is very passionate, while on the negative side, it's difficult to break their shell; they are focused on making a difference and creating the best life for themselves, but they sometimes use their charms for bad rather than good. Best described as the swindler.

air of fire | mind

performer, charming, passionate, focused - embrace your fearless creative spirit

Herbal Association: Aconite

Usage: It is recommended that this is only used with direction from a professional, but is said to help in reducing fevers associated with illnesses and colds.

Note: Aconite is more commonly known as Wolf's Bane.

Journal Prompt:

When have you been fearlessly bold? How did it make you feel?

QUEEN - on the positive side, she is charismatic, but on the negative side she can be quite timid and reserved; she is very sensual and has a fire that radiates to all those in her presence. Best described as a mirror to The Empress.

	water of fire aries heart muse, visionary, charismatic, pensive - radiate confidence & lead with a passionate soul Herbal Association: Raspberry Leaf Usage: It's believed that when used in a tea concoction, that this herb helps with fertility. It's also been known to be an immunity booster and digestive aid. Journal Prompt: What flaws have you learned to love? KING - on the positive side, he is animated, but on the negative side he can be shy behind closed doors; his energy is all-encompassing and gets things done - he is creative but hard-working. Best described as the businessman. fire of fire leo spirit animated, confident, empowered, driven - lead with unwavering convictions Herbal Association: Cinnamon Usage: Cinnamon is not only delicious but it's a powerhouse of antioxidants! It's believed to aid in digestion, is said to be an immune boost, and helps with skin issues. Note: Cinnamon is a difficult flower essence to find; Borage is also known as Starflower and embodies the energies of the King of Wands. Journal Prompt: Where in my life am I being called to lead with the fire within me?
CUPS	ACE - on the positive side, this can represent flow, while on the negative side it can represent being blocked. This is a symbol of new beginnings and new relationships and an outpouring of heart-centred energy water cancer, scorpio, pisces romance, intuition, fulfillment, transformation - open your heart completely to love Herbal Association: Lotus Usage: How fitting that this first card which represents new beginnings in love is associated with the lotus flower, which is about opening up and rising above difficulties to begin anew. Lotus root is said to help with digestion and stress relief

Journal Prompt:

When have you last let yourself feel complete happiness, joy, and love?

TWO - on a positive side it represents a meeting, while on the negative, it can represent a parting, this is the card of soulmates and perfect connection

water | venus in cancer

soulmates, divine union, harmony, mutual agreement - honour a sacred connection

Herbal Association: Uva Ursi

Usage: This plant is used in reducing inflammation and can also help with bladder and urinary infections.

Note: Uva Ursi is more commonly known as Bearberry.

Journal Prompt:

Set an intention to attract a person who makes you feel whole and brings you harmony; write out your perfect partner (friendship or relationship).

THREE - on the positive side, this represents creative communion; on the negative, it could be fear of connecting. This is the card of joy and friendship and sharing in the joys of life with one another

water | mercury in cancer

communion, joy, celebration, emotional fulfillment - celebrate in soul-centered communities

Herbal Association: Trillium

Usage: The root of this plant is used in alternative medicine as an antiseptic herb. It's also quite curious that this herb should be paired with the 3 Of Cups when it has three glorious petals!

Journal Prompt:

Who of your friends brings out the best in you? Which friendships are you most grateful for?

FOUR - on the positive side, this card is an omen of opportunity; on the negative, it represents being blind to it. This is the card about waiting with boredom for life to hand you something of value and being so consumed by your disappointment that you miss it

water | moon in cancer
disappointment, refusal, boredom, expectation - focus on blessings rather than mourning losses

Herbal Association: Burdock

Usage: Burdock has so many usages, from healthy skin benefits to boosting the immune system. The overall health benefits are extensive.

Journal Prompt:

What opportunities have you missed due to your own fear and hesitation?

FIVE - on the positive side, this represents repent; on the negative, it represents great loss. This cup is about turning your back on something and feeling the regret of the loss

water | mars in scorpio

loss, sorry, difficulties, regret - heal through gentle acceptance of circumstances

Herbal Association: Horsetail

Usage: Horsetail can be taken daily for overall health, particularly for its anti-inflammatory properties and antioxidant benefits.

Note: Horsetail is a niche flower essence; as such, I chose a flower essence with similar properties.

Journal Prompt:

Every cloud has a silver lining - what lessons were learned from accepting your losses?

SIX - on the positive side, this represents sharing; on the negative side it can represent being consumed by nostalgia. This card is about generosity and looking back at childhood memories

water | sun in scorpio

sharing, nostalgia, peace, legacy - cater to the joys of your inner child

Herbal Association: Watermelon

Usage: This delicious fruit has numerous benefits! It helps keep you hydrated but has numerous vitamins and nutrients that help with heart health and muscle pains.

Note: Watermelon flower essence is still in its trial period and is being studied for its energetic impact on individuals.

Journal Prompt:

Reflect on the past. Which moment of happiness from your youth best reflects the perfection of the present moment?

SEVEN - on the positive side, this represents understanding your fantasies, while on the negative, it means being tempted by too many options; you're reminded to take stock of what is an illusion and what is attainable; don't be driven by false hope

water | venus in scorpio

temptation, desire, illusions, choices - choose with clarity & eliminate distractions

Herbal Association: Juniper Berries

Usage: This plant can be used for overall digestive health and can also help rectify a loss of appetite.

Journal Prompt:

What dreams occupy your mind? What material choices and steps are necessary to make this dream happen?

EIGHT - on the positive side, this represents a new direction; on the negative, it represents repeating your mistakes. You are being reminded that it's never too late to change your direction and start over, let go and move on

water | saturn in pisces

rejection, restarting, release, transitions - in the darkness, our inner calling is illuminated

Herbal Association: Gravel Root

Usage: This is used to make medicine and should only be used with professional recommendation. It is used as a tonic.

Note: Gravel Root does not have a flower; Honeysuckle was selected as it aligns with the message on the Eight of Cups.

Journal Prompt:

What do you need to let go of in order to begin your next chapter?

NINE - on the positive side, this represents true bliss; on the negative, it represents being lost. You have so much to be proud of, and you have extensive abundance, so enjoy it, sit in the fullness of it

water | jupiter in pisces

satisfaction, success, wishes granted, blissful - heartfelt fulfillment deserves appreciation

Herbal Association: Squaw Vine

Usage: This Native American plant was once used to help with labour pains and now can be used to aid in menstrual cramps.

Note: Squaw Vine has limited flower essence usage; Heather was selected for its alignment to the Nine of Cups.

Journal Prompt:

What does pure bliss feel like/look like to you?

TEN - on the positive side, it represents happiness; on the negative, it can be depression from expectation, but this card is associated with that "Happily Ever After" feeling and true success

water | mars in pisces

harmony, conclusion, happy endings, bliss - you are creating lasting emotional harmony

Herbal Association: Marijuana

Usage: This plant is illegal in some countries due to the potential of it having THC content. The CBD derivative of this plant aids in relaxation and pain relief.

Note: Marijuana flower essence does not exist; I have selected Holly as the best essence in alignment with the Ten of Cups.

Journal Prompt:

Fairy Tale "Happily Ever After"s do exist - what does your look like?

COURTS

PAGE - on the positive side, this person is playful and childlike; on the negative side, they can be sarcastic and scatter-brained; they are dreamers and lead with their heart over their head, driven by creative inspiration. Best described as the Dreamer.

earth of water | body
playful, sarcastic, student, psychic - let intuitive inspiration lead your studies

Herbal Association: Damiana

Usage: This plant can be used to help with headaches, depression, nerves, and also can aid with stamina.

Note: While Damiana can be found as a flower essence, I selected Nasturtium for its similar properties and because it is more readily available.

Journal Prompt:

Where is your imagination taking you, lately?

KNIGHT - on the positive side, he offers himself to all they meet; on the negative side, they can hoard their emotions - they have the ability to put creative inspiration into action, and they're often successful. Best described as Mysterious Creative.

air of water | pisces | mind
charming, generous, outgoing, selfish - lead fearlessly with your heart

Herbal Association: Sarsaparilla

Usage: This herb is not FDA approved but it was once believed to be beneficial for joint pain and inflammation.

Note: Since it is not FDA approved or available in flower essence format, I selected Water Violet because its properties align with the Knight of Cups.

Journal Prompt:

If you jumped in with two feet and followed your heart *today* where would it lead you?

QUEEN - on the positive side, she is empathetic; on the negative side, she can be quite judgemental; she can be co-dependent because she loves so deeply and aims to take care of other people. Best described as Clingy Mom.

water of water | cancer | heart
emotional, sensitive, introspective, empathetic - honour your intuitive wisdom

	Herbal Association: Lady's Mantle Usage: Lady's Mantle is specialized for the ladies; it helps with anti-inflammation, especially during menstrual pains. Journal Prompt: How do you go out of your way to make others feel important? KING - on the positive side, they are very creatively intelligent; on the negative side, their creative perfection can lead to their demise. He has a hard time working through his emotions (emotionally stunted), and while he's very deep, it's difficult for him to understand this about himself and share it with others. Best described as a Broken Man. fire of water scorpio spirit creative, compassionate, diplomatic, balanced - remain steady through storms Herbal Association: Saw Palmetto Usage: This herb helps with regulating testosterone levels, so it's quite coincidental that it's associated with the King of Cups! It helps with overall male reproductive health. Note: Saw Palmetto does not have a flower essence; I selected Larch because it aligns with the King of Cups. Journal Prompt: What emotional walls do you build that prevent others from truly understanding you?
PENTACLES	ACE - on the positive side, this card represents potential; on the negative, this can symbolize the end of success. This card is associated with starting new projects and the acquisition of business success; it indicates you'll begin a journey of material success earth taurus virgo capricorn gain, success, opportunity, gifts - plant seeds of abundance in new ventures Herbal Association: Whole Grains Usage: This earth element begins with a life-giving herb, something that nourishes the body and provides you with extensive fiber and nutrients. Note: Hornbeam was selected for the Ace of Pentacles as it is in alignment with its meaning.

Journal Prompt:

Write the affirmative statement, "I have an abundance of wealth to spare and share." and write what you plan to attract into your life.

TWO - on the positive side, this card represents duality; on the negative side, it can represent inconsistency. This card relates to indecision and trying to find a balance or harmony between a material decision

earth | jupiter in capricorn

hesitancy, indecision, choice, duality - balance life's demands & weigh your options carefully

Herbal Association: Yellow Dock

Usage: This herb can aid in reducing inflammation especially of the nasal and respiratory tract.

Journal Prompt:

How can you improve your flexibility in order to balance multiple priorities and also find balance in your own life?

THREE - on the positive side, this card represents collaboration; on the negative side, it can represent destruction through trusting the wrong partners. This card is associated with using your talent and crafting a successful collaborative project

earth | mars in capricorn

collaboration, craft, planning, trades - create through shared mastery of skills & knowledge

Herbal Association: Gentian

Usage: Use this herb for digestion issues such as indigestion, diarrhea, heartburn and nausea.

Journal Prompt:

How will you align your skills with others in order to harness the power of creative collaboration?

FOUR - on the positive side, this card represents stability; on the negative side, it can represent instability through greediness. This card signifies being stingy with either material wealth or even experience; distrust this person

earth | sun in capricorn
greed, control, stagnant, possessive - release fear around abundance & security

Herbal Association: Cascara Bark

Usage: Use this herb to help with your bowel concerns; it's also a natural laxative.

Note: Cascara Bark is not a flower; Chicory was selected for the properties and their alignment with the Four of Pentacles.

Journal Prompt:

What have you achieved in life that may have caused you to lose sight of who you are after reaching the outcome? How can you regain a sense of self?

FIVE - on the positive side, this card represents consistency, while on the negative side it can represent separation. This card speaks to poverty and lack and not knowing where to look for help; don't forget to look up, or you may miss opportunities that change your situation for you

earth | mercury in taurus
poverty, struggles, hardship, longing - focus on the light during life's challenges

Herbal Association: Mugwort

Usage: Mugwort is often used for a boost of energy, but it can also aid in overall immune health and in reducing intestinal inflammation.

Journal Prompt:

What hardships have helped you realize your own strength and courage?

SIX - on the positive side, this card represents charity, while on the negative side it can represent greediness. This is the card of abundance of wealth to spare and share and being generous with your wealth and your support

earth | moon in taurus
charity, mercy, altruism, comfort - to give & receive freely is to trust the energy of wealth

Herbal Association: Hops

Usage: Hops is often used in beer production. It helps in reducing anxiety and is beneficial for stress relief.

Journal Prompt:

What self care do you promise to spoil yourself with before you give yourself to others?

SEVEN - on the positive side, this card represents evaluating your hard work; on the negative side, it could represent dissatisfaction with your results. This card is about putting in the effort and seeing it come to fruition, where you sow it will grow. Remember that you're in control of what you manifest

earth | saturn in taurus

development, deals, evaluation, planning - trust that growth is unfolding as it should

Herbal Association: Rhubarb

Usage: This delicious plant is high in Vitamin K! It also has extensive fiber. But beware: the leaves of rhubarb are poisonous!

Journal Prompt:

The universe works on its own schedule - when has patience worked out well for you?

EIGHT - on the positive side, this card represents work; on the negative side, it can represent slavery to a role. This card speaks to the success that follows commitment, and putting in the hard work and dedication (which can be repetitive and boring) to be successful

earth | sun in virgo

commitment, skill, routine, learning - master your chosen craft to bring abundance

Herbal Association: Ginger

Usage: This herb has powerful medicinal benefits; it helps clear your skin, helps with digestion and inflammation, and especially nausea.

Note: I have selected Oak as its properties align with the meaning of the Eight of Pentacles - and to not repeat the flower essence of Ginger.

Journal Prompt:

Where will you put an effort to work harder? Which skills do you wish to

improve?

NINE - on the positive side, this card represents pleasure; on the negative, this card represents vanity. This card signifies someone who is living in luxury and enjoying material safety and the serenity that follows; they are elegant and well-educated

earth | venus in virgo
richness, elegance, refinement, safety - enjoy your cultivated abundance with grace

Herbal Association: Grapes

Usage: Grapes are not only delicious but they're packed with nutrients and vitamins. They are an immunity booster!

Note: Grape is not a verified flower essence; Beech aligns with the meaning of the Nine of Pentacles.

Journal Prompt:

How have you made time for yourself this week? Today?

TEN - on the positive side, this card represents wealth; on the negative, it can represent wealth only through inheritance. This card is representative of generations enjoying the fruits of your labour, of families, home, and happiness

earth | mercury in virgo
legacy, abundance, family, security - enjoy the lasting generational prosperity

Herbal Association: Wild Yam

Usage: This herb helps with hormonal imbalance, particularly estrogen. This is often used by women with fertility problems.

Note: Grape is not a flower essence but Vine aligns with the foundational focus of the Ten of Pentacles.

Journal Prompt:

What moments with family have brought you the most joy, as of late?

PAGE - on the positive side, they're curious, but on the negative, they can

appear disinterested; they are mature despite being a student, they're open-minded and eager; best described as the Book Smart/Street Smart student

earth of earth | body

study, absorption, curious, boredom - begin learning practical & applicable wisdom

Herbal Association: Blue Flag

Usage: It is not recommended to use this herb without consent from a professional; it is used as a laxative and to aid in bloating.

Note: Blue Flag is a species of Iris - general Iris flower essence was selected for the Page of Pentacles.

Journal Prompt:

Sometimes we think we know it all when we truly know nothing at all - what do you need to learn before you move forward?

KNIGHT - on the positive side they're gifted, on the negative side they can be greedy; they're extremely intelligent and know how to turn ideas into tangible material success; they're good with their hands and have the patience to put in the effort; best described as Prudent Creator

air of earth | virgo | mind

gifted, greedy, outgoing, triumphant - progress is found through steady devotion

Herbal Association: Elecampane

Usage: This herb is said to aid in soothing throat problems such as coughs and hacking related to colds and flus.

Note: Elecampane is a niche flower essence; Wild Oat was selected for it's similar properties.

Journal Prompt:

How do you plan to show up, work hard, and push to achieve your success?

QUEEN - on the positive side she is sensual, on the negative side she can be rejecting; she has strong ties to nature and the home, she is generous and births beauty with the material world around her; best described as an Elemental Queen

	water of earth capricorn heart sensual, practical, homebody, sensitive - nurture earthly abundance with a gentle spirit Herbal Association: Marshmallow Usage: This is a root that aids in overall skin health and pain relief. In addition, this herb can help with skin irritations. Note: I have changed Marshmallow to a more accessible flower essence with similar qualities. Journal Prompt: What aspect of nature makes you feel most alive? KING - on the positive side, he has material success; on the negative side, his obsession with material wealth makes it hard to handle loss; they're very wealthy and love to flaunt it; they also love to share it and don't tolerate their family not being secure; best described as a Provider fire of earth taurus spirit material success, driven, practical, peaceful - steward resources with logical wisdom Herbal Association: Alfalfa Usage: This plant can be added to anything - salads, sandwiches, pizza - and it is believed to help lower cholesterol and it has high levels of antioxidants and vitamins. Note: I have decided to end the deck by selecting a Bach's original flower essence that is not a flower at all; it is spring water collected from a moving stream and then charged by the sun. It is a beautiful way to round off the collection, and it is a very impactful flower essence that aligns with the King of Pentacles. Journal Prompt: Why does failure scare you? What is there to lose in taking the risk?
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