



AUSTRALIAN BUSH FLOWER ESSENCES

Developed by Ian White, Naturopath, a fifth generation Australian herbalist, the Australian Bush Flower Essences meet the great need for remedies that help people address the issues of the 21st century - sexuality, communication skills and spirituality to name but a few.

Australia has the world's oldest and highest number of flowering plants exhibiting tremendous beauty and strength. Also Australia is relatively unpolluted and metaphysically has a very wise, old energy.

To help you select the remedies that you need, think about the way you are feeling at the moment and the outcome you would like to experience.

Angelsword

I reach my own spiritual truth by cutting through any confusion or misinformation.

I'm protected from outside influences and entities.

I release any negatively held psychic energies.

Banksia Robur

I have temporarily lost my drive and enthusiasm due to burn out, disappointment or frustration.

I feel disheartened.

When bathing add seven drops of this Essence to the bath which will enhance the effects of the remedy as it will assist in washing away negativity.

Black-eyed Susan

I'm impatient and always on the go

I feel overflowed with commitments

I'm unable to turn inwards and be still

The STRESS remedy



Bluebell

I'm afraid of lack. There is just not enough and that if I have to let go of what I have, I will not survive.

I feel closed hearted and cut off from my feelings.

I'm afraid to express my feelings of love, joy, etc. as I believe they are finite or not renewable.

Boab

I have had experiences of abuse or prejudice from others.

To clear negative emotional and mental family patterns that are passed on from generation to generation

To clear the negative lines of karma between people.

Boronia

I have obsessive thoughts (about events, things or ideas that are stuck), pining, I cannot switch off.

I feel broken hearted.

It combines wonderfully with Bottlebrush for breaking habits and addictions and for dealing with an ended relationship when there is pining for the other person.

Bottlebrush

I feel overwhelmed by major life changes — old age, retirement, adolescence, parenthood, pregnancy or death.

I have unresolved mother issues.

I feel stuck in the past and I cannot move on.

An excellent remedy for pregnant women and new mothers who feel inadequate (helps with mother- child bonding).

Billy Goat Plum

I feel shame, unable to accept my physical self.

I feel revolted and dirty about sex and feel unclean afterwards.

I have feelings of revulsion about other physical aspects such as acne, eczema, a large nose, etc.



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Bush Fuchsia

I feel nervous about public speaking.

I'm unable to speak out about my own convictions.

I ignore my 'gut' feelings.

It allows for balance between the logical/rational and the intuitive/creative, i.e. the integration between the male and female aspects (beneficial for brain integration, reading, writing, speech problems).

Crowea

I have always something to worry about.

I have a sense of being 'not quite right'.

The WORRY remedy

Dog Rose

I'm shy, insecure, timid, nervous.

I feel apprehensive with other people.

I'm fearful (not for terror), anxious

Dagger Hakea

I feel resentment, bitterness and hold grudges against those with whom I have been very close e.g. family members and old lovers.

I cannot forgive them.

Five Corners

I don't like myself, I have low self-esteem.

I appear crushed and 'held in'.



Fringed Violet

I feel drained by others, I unconsciously absorb the physical and emotional imbalances of others.

For damage to aura and psychic protection.

For removal of effects of recent or old distressing events

Grey Spider Flower

I experience extreme terror e.g life-threatening situations or psychic attack.

I experience panic and nightmares.

Illawarra Flame Tree

I suffer from a great sense of rejection, I feel 'left out'.

I reject myself.

I'm afraid of responsibilities (e.g parenthood).

Macrocarpa

I feel drained, jaded and worn out (burn out)

I'm exhausted but can't sleep.

Mountain Devil

I have feeling of hatred, anger, jealousy.

I'm holding grudges.

I tend to feel suspicious about others.

I cannot forgive.

Old Man Banksia

I feel weary, frustrated and disheartened by setbacks.

I feel heavy and slow moving.

Philothea

I'm unable to accept acknowledgment for my achievements.

I'm unable to 'let in' love.

It is hard for me to receive.

It is hard for me to speak about my successes and plans.



Red Helmet Orchid

I have unresolved father issues.

I'm hot headed and rebellious.

Helps man to bond with their child or children and be aware to allocated quality family time.

She Oak

benefit women who feel distressed about infertility

removes those personal blocks that prevent conception

female imbalance

inability to conceive for nonphysical

reasons

FEMALE SUPPORT

Silver Princess

I'm at a crossroad and need direction and help me see what my next step is.

I feel aimless and lacking direction.

Slender Rice Flower

I compare myself with others

group harmony and conflict resolution when individual egos get in the way

racism and narrow mindedness

Southern Cross

I'm a victim

Life has been hard on me

I have been hard done by

Martyrs and poverty consciousness

TAKING RESPONSIBILITY

Sturt Desert Pea

I feel deeply hurt and sad

I'd like to release deep held grief and sadness



Sturt Desert Rose

I feel guilty

I feel regrets and remorse due to not being true to myself

I have low-self esteem due to past actions I feel guilty about

The GUILT remedy

Turkey Bush

I feel blocked creatively

I do not believe in my own creative ability

CREATIVE EXPRESSION AND INSPIRATION

Waratah

I feel hopeless and great despair

I am unable to respond to this crisis

Support emergencies and great challenges

Wild Potato Bush

I feel burdened or frustrated by any physical restriction or limitation with my body

I feel heavy and weighed down

I don't feel able to move on in life

Wisteria

I'm afraid of physical intimacy and/or sensuality

I had traumatic sexual experience

Macho Male

Yellow Crowlip Orchid

I am excessively judgemental

I am nit picking

To find a keener sense of arbitration