

FLOWER REMEDIES

ABUNDANCE ESSENCE - Do you long for richer relationships, greater happiness or a healthier bank balance? We all have blockages in place on unconscious levels which prevent us from accepting greater abundance into our lives. Life works on the principle of attraction. Your level of resonance dictates the people, wealth, opportunities and situations you attract to you. Change your resonance and you change your life. *Abundance Essence* is an alchemical combination which lifts your energy to a different level where wonderful changes can happen. It works to shift poverty consciousness and deeply ingrained beliefs of victimhood, bringing a sense of self-worth, deservingness and a willingness to receive. It also helps you focus your intent and enhances your creativity and courage. Use it consistently. With its support, allow yourself to make the shifts and see the difference in your life.

ADOLESCENT ESSENCE - Adolescence is a difficult time. Torn between the push into being grown-up, independent and responsible and the pull to remain little and be nurtured and cared for, it is small wonder that problems arise. To further complicate matters, we all have within us an inner adolescent (as well as an inner child), a part of us that has crystallised in that phase and which can be most disruptive as he, or she, makes their presence felt in our daily lives. This aspect of ourselves needs to be met, loved and accepted. *Adolescent Essence* supports and harmonises the passage through adolescence and also enables us to nurture the adolescent within us.

AFRICAN BANANA - Masculine energy; yin/yang balance; integration of right and left brain lobe functions; learning difficulties.

AGAPANTHUS - Abundance consciousness; money issues; willingness to receive.

AGRIMONY - For those who appear cheerful, jovial and uncomplaining, hiding mental torture and anxieties behind this mask - they may be restless and seek excitement to overcome their worry, or may use alcohol / drugs to dull and forget their pain. Helps us acknowledge and transcend such feelings so real peace and humour can be found.

ALOE - Envy; jealousy; greed; competitiveness; lust for power.

ALPINE MINT BUSH - For mental and emotional exhaustion, lack of joy, feeling the weight of responsibility. Brings revitalisation, joy and renewal.

ANGELSWORD For those who are spiritually possessed. Helps in attaining spiritual truth / protection and access to gifts from past lifetimes. Repairs the whole energy field.

ANTISEPTIC BUSH For cleansing oneself from negative influences in the environment which may have built up over some time. Maintains inner sanctity when living among negative or harmful aspects or people.

APRICOT - Self empowerment through acceptance of responsibility; resolution of internal conflicts; ability to move forward; joy in others' good fortune.

ARISTEA - Caretaking of the Earth; attunement to nature; dissolution of sense of separation.

ARUM LILY - Sense of individuality; personal power; clarity of focus; self motivation.

ASPEN For irrational, vague, inexplicable fears of unknown origin; sudden apprehension, fear of unseen power or force, of sleeping and dreams; headaches, sweating, trembling, sudden faintness, sleep walking / talking, fatigue and anxiety. Brings a sense of security and an ability to trust that we are safe and protected.

AURIC PROTECTION ESSENCE - Our auras can be very vulnerable. At times when we are exposed to negativity, of whatever nature, whether it be to bad vibes at the office, a family upset, or whether we just want to protect ourselves or our offspring at a club or a rave, *Auric Protection Essence* will be of assistance. It lifts the resonance of the aura and to a level where negativity cannot enter. It can also be useful if we are exposed to radiation of any kind.

AUSTRALIAN TEA TREE - Procrastination; inability to finish what one starts; perseverance; strengthening of the will.

AVOCADO - Breaking with the past and repetitive patterns of behaviour; releasing negativity; enhancement of intuitive and telepathic abilities.

AZALEA - Rebelliousness; personal autonomy; fathering; acceptance of responsibility.

BAEOMETRA - Fatigue; depletion; exhaustion; overwhelm; disheartened; convalescence.

BALANCING ESSENCE - To restore you to your natural state of equilibrium amid the conflicting demands of daily life, use this essence. It harmonises the yin/yang energy, grounding and centring you, bringing you into balance with your world. *Balancing Essence* is very useful for aligning the chakras and stimulating the flow of energy in the meridians. In addition to taking it internally, apply it externally to chakras and acupuncture points. It works very well in combination with *Stress Essence* and *Harmony Essence*, allowing you to focus and bring inner peace and tranquillity into your life.

BALGA BLACKBOY - For those who are unaware that their personal desires and goals can create emotional or environmental catastrophes. Brings an awareness of the impact your desires may have on others, so that you understand and do not resent any natural obstacles placed in your path. For the maturation of the masculine principle.

BANKSIA ROBUR - For people who are normally dynamic but are suffering a temporary loss of drive and enthusiasm due to burn-out, frustration or illness. Restores energy and the enjoyment of and interest in life.

BASIL - Misuse of sexual energy; redirecting sexual energy as a tool to enlightenment.

BAUHINIA (SA) - Burying real issues; integration of core or root emotions; emotional authenticity.

BAUHINIA - For resistance to change and rigidity. Encourages the embracing of new concepts and ideas, bringing acceptance and open-mindedness.

BEECH - For those who are critical, dissatisfied, intolerant, unsympathetic, irritable, always finding fault, seeing only the negative things; for tension affecting the upper-chest area, jaw and hands. Brings compassion and tolerance, relaxing strict attitudes.

BELL GARDENIA - Apathy; emotional repression; integration of lessons from the past; activation of life force.

BELLADONNA LILY - Anger; rage; desire to blame and punish; useful for children.

BILLY GOAT PLUM - For sexual revulsion, physical loathing or self-disgust. Brings sexual pleasure and enjoyment, acceptance of one's physical body. Good for skin conditions such as eczema, psoriasis, herpes and thrush.

BIRTH ESSENCE - This essence works to create harmony and inner peace for both mother and baby as you undertake the major transition of the birth process. It brings a sense of beingness, allaying fears and providing a protective shield at this important time. For the baby, the transition from being cocooned in the womb to facing life as a separate entity is enormous. Similarly, for the recuperating mother, a huge readjustment is required to handle the responsibility of a helpless infant's demands. *Birth Essence* works to ease this passage for all concerned. For best results take it through the last trimester of pregnancy and for 10 -12 weeks after birth. Put one drop, diluted with water, in the baby's mouth or it can also be applied externally to the soles of the feet or to pulse points. This essence is also applicable for less literal periods of birth, when we are starting afresh or embarking on a new phase of life.

BLACK KANGAROO PAW - For those unable to forgive parents for controlling them in the past. Replaces hate and resentment with love and forgiveness.

BLACK-EYED SUSAN - A remedy for stress. For those always on the go, rushing, constantly striving and impatient. Slows you down, enabling you to turn inward, be still and enjoy inner peace.

BLUE CHINA ORCHID - For addictions of one sort or another, the inability to control yourself, feeling overwhelmed or unfulfilled, lack of will power. Breaks the spell of addiction, strengthens the will, and helps you to take back control of yourself. Brings the realisation that you no longer need a crutch.

BLUE LESCHENAULTIA - For those who can be emotional and physical 'Scrooges', self-sufficient, unmoved by the needs of others. Breaks down the walls of selfish isolation, allowing you to see the needs of others and learn to share with them.

BLUEBELL - Auric protection; stress resulting from excessive sensitivity to sensory stimulation; facilitates harmonious use of sound.

BLUEBELL - For those cut off from their feelings, fearful of emptiness and vulnerable to greed. Opens the heart, encourages sharing and belief in abundance, gives a sense of joy and universal trust.

BLUE-TOPPED COW WEED - For the escapist or joker who avoids life's deeper issues - the superficial good-timer who avoids responsibility, lacking empathy, depth of character. Brings a more responsible attitude. Engenders the strength to deal with problems rather than avoid them.

BLUSHING BRIDE - Strengthens female energy; yin/yang balance; enhances intuition and ability to be intimate.

BOAB - For those who adopt family thought-patterns, repeating negative experiences of the past. Releases negative thought-patterns and actions within families. Good for abuse and prejudice.

BORAGE - Disheartened; overwhelmed by adversity and sorrow; restores courage.

BORONIA - For obsessive thoughts, grieving over recently ended relationships, feeling broken-hearted. Brings mental calmness, serenity, clarity of mind and thought.

BOTTLEBRUSH (SA) - Courage to change; transition; breaks negative links with the past.

BOTTLEBRUSH - For those going through and overwhelmed by major life changes such as puberty or pregnancy. Holding on to the past and old habits when approaching the end of a phase of life. Restores ability to cope with serenity and to be calm by letting go. Good for pregnant women and new mothers who feel inadequate. Assists bonding between mother and child.

BRACHYCOME - For lack of empathy, intellectual arrogance, over-criticism and contempt of others. Encourages appreciation of people for who they are, not how intelligent they seem.

BROWN BORONIA - For an overactive mind, working excessively without rest in an attempt to solve pressing problems yet being unable to find adequate solutions. Brings patience and acceptance so you do not worry unnecessarily about things you cannot change, as well as the realisation that the journey of life will deliver solutions.

BUCHU - Over-identification with the emotions others; helps establish emotional boundaries; auric protection.

BUSH FUCHSIA - For poor ability to learn, dyslexia, stuttering, ignoring 'gut feelings'. Unsurpassed for resolving learning problems, balancing and integrating the left and right hemispheres of the brain. Brings clarity to expression and speech. Develops intuition.

BUSH GARDENIA - For those caught up in their own world and affairs, taking for granted and being oblivious of those close to them. For stale or failing relationships. Brings passion, renewed interest in a partner; improves communication.

BUSH IRIS - For fear of death, of materialism, of atheism, addiction to sex and drugs. Brings spiritual awakening and insights, understanding of things beyond the physical. Assists in making transitions in life.

CALENDULA - Intellectual arrogance and coldness; promotes mutual understanding; sensitivity and receptivity.

Calms and stabilises, rapidly alleviating fear, panic, severe mental stress and tension. Excellent and beneficial for all psychological and physical stress.

CANCER BUSH - Confrontation of the shadow; inner torment; confrontation of dark aspects.

CAPE ALMOND - Insecurity; fear of the unknown; fear of failure; emotional paralysis; personal power.

CAPE BLUEBELL - For those who have a chip on their shoulder and can be negative, displaying hatred and malice. Confers the ability to let go of the past and be loving and empathetic.

CAPE HONEYSUCKLE - Inflexibility; ruthlessness; arrogance; over-emphasis on work and doing; workaholics.

CAT'S PAW - For depression, sadness and anger caused by the insincerity and selfishness of others. For families and close-knit groups with undefined problems. Helps you to drop expectations of fairness while refusing to let others take advantage, so that they too can learn fairness. Promotes mutual consideration.

CAULIFLOWER - Shock sustained during birth process; for pregnancy, birth and rebirthing.

CENTUARY - For timid, quiet, kind, gentle, conventional people who are anxious to please. They may have a tendency to lose their identity and direction, be submissive and be exploited. Physical

symptoms affect the shoulders and back. Encourages self-determination and an ability to trust and follow our good judgement, to act decisively.

CERATO - For those who doubt their own abilities, lacking faith in their own intuition and judgement, always asking others' advice - they tend to be mercurial and are easily led astray.

CHERRY PLUM - For desperation, fear of being unable to control negative thoughts, feelings and impulses of losing control, suicidal feelings, obsessive fear, delusions, nervous break-down. Enables us to feel strong and safe enough to deal sanely with issues that scare us.

CHESTNUT - Visualisation; ability to contact spiritual realms; aid to meditation.

CHESTNUT BUD - For those who do not learn by experience, repeating the same mistakes over again, always looking ahead and failing to see what is happening. They can be careless, clumsy, slow to learn and inattentive. Enables us to observe, remember and make logical connections which help us make sense of life and formulate wise responses and choices.

CHICORY - For those feeling empty inside who become manipulative and possessive to get the attention they crave, who dislike being alone, needing their loved ones near to control and direct their activity. For 'the mothering type' as well as children who demand attention. Helps those who are self-pitying, fussy, bossy, critical, smothering, tearful and thwarted. Nourishes by instilling feelings of love and security.

CHINKERINCHEE - Unethical behaviour; impeccability; operating with integrity; adhering to principles.

CHRIST THORN - Lack of self-worth; self-neglect; depression; subjugation of the self; honouring of the self.

CHRISTMAS TREE (KANYA) - For those times when duties and everyday pressures cause you to become distant and avoid your share of the load, causing resentment among others. Helps you to meet your responsibilities and reap the rewards of consistency and shared goals. Brings inner contentment which enhances your enjoyment of your family or group.

CLEMATIS - For dreamers who are absent-minded, lacking concentration and vitality; for quiet people preferring dreams and fantasy to reality, who are romantic and imaginative but unrealistic, prone to drowsiness, excessive sleep, sensitivity to noise and faintness. Helps transform ideas and visions into actuality, developing talents and creating a life that is interesting and fulfilling.

CLIVIA - Excessive or obsessive anxiety about the safety or wellbeing of others; uncontrollable thoughts of catastrophe.

COMFREY - Nervous depletion; emotional tension; nail biting; panic attacks.

CORAL TREE - Generalised fear; expectation of disaster possibly linked to past life experience; self sabotage.

CORN - Disorientation; lack of personal space; need to conform; linking matter and spirit.

CORREA - For those who are too hard on themselves. Teaches acceptance of our limitations and shortcomings without regret. Enables us to see how we make mistakes unintentionally, and helps us to do better next time.

COSMOS - Disorganised thought patterns; inarticulate expression; public speaking; throat chakra; integration of ideas.

COWKICKS - For the unsuspecting optimist who is devastated by an unexpected crisis and trauma, making him or her the depleted, hopeless victim of circumstance. Helps you to rebuild and pull the pieces back together after a shattering experience to create a wiser perspective.

COWSLIP ORCHID - For those with a superiority complex, who crave recognition and over-rate their own importance, use arrogant, pompous behaviour and are negative and contemptuous to those who do not acknowledge them. Helps to deflate egos and to reveal the value of interacting with and enjoying people from all walks of life.

CRAB APPLE - Shame; remorse; self forgiveness; self-acceptance.

CRAB APPLE - A cleansing remedy for those who feel unclean and polluted, leading to despondency and self-disgust. For those obsessed with and repelled by what is seen as bad in themselves and the environment. Enables us to process impurities and negativity, and create sensible priorities.

CRASSULA - Excessive use of the will; unthinking devotion to a cause; inability to understand any other point of view; negative ego.

CREATIVITY ESSENCE - We are all creative even though many of us no longer believe it. With every thought we think, we create - creativity is an inherent part of our birthright as human beings. *Creativity Essence* enables us to access and express our creativity in every aspect of our lives, from the most mundane to the most spiritual.

CRISIS REMEDY - This essence is an invaluable companion in any crisis situation. Use it in times of shock, panic, anxiety, fear, agitation, illness or dread. Whether for people, animals or plants, the relief is immediate. Remember that if it is difficult to give the essence internally, applying it on wrists, behind the ears or on the soles of the feet can be very effective.

CROWEA - For individuals who continually worry; feeling out of balance. Brings peace, calm, vitality and a sense of being centred and balanced.

CUCUMBER - Pessimism; defeatism; alienation; sense of separation.

DAFFODIL - Self-criticism; self-hatred; frustration; depression.

DAGGER HAKEA - For resentment, bitterness towards close family, friends and old lovers. Brings forgiveness and enables feelings to be expressed.

DAMPIERA - For those who are fearful and unable to relax, blowing all situations out of proportion. Allows you to let go and be open, to let things happen in different ways and allow people their own style.

DANDELION - Stress; tension; striving to be perfect; emotional release.

DISA - Dark night of the Soul; despair; disillusionment; hopelessness.

DOG ROSE (SA) - Unexpressed grief; inability to express deep emotions; integration and acceptance of pain.

DOG ROSE - For fearful, shy, insecure people who are apprehensive of others. For niggling fears. Promotes confidence, courage, belief in oneself and a love of life.

DOG ROSE OF THE WILD FORCES - For those who fear losing control, for physical pain with no apparent cause. Brings emotional balance, ability to overcome fear.

DUNE CALENDULA - Periods of transition and change e.g. divorce, mid-life crisis; separation from Soul and Spirit.

ELM - For capable people who shoulder responsibility and occasionally take on tasks that are unreasonably demanding, making them feel exhausted, overwhelmed and temporarily inadequate. Enables you to let others handle the excess responsibility, so you are free to enjoy what you are doing.

EMERGENCY ESSENCE - *Fringed Violet, Grey Spider Flower, Sundew and Waratah*

ENGLISH HAWTHORNE - Broken-heartedness; intense grief; remorse; transformation through pain.

EVENING PRIMROSE - Abandonment; co-dependence; sexual repression; fear of parenthood; fear of commitment.

FELICIA - Unhappiness; disconnectedness; feeling of insignificance.

FIG - Archetypal sexual shame and fear; releasing the past; pregnancy.

FIVE CORNERS - For low self-esteem and self-dislike. For those who repress or 'hold in' their personality. An important remedy for bringing love, acceptance of oneself and a celebration of one's inherent beauty.

FLANNEL FLOWER - For those who dislike being touched, lack of sensitivity, especially in males, an aversion to physical activity and agoraphobia. Encourages emotional trust, sensuality and gentle, sensitive touching. Makes physical activity joyful for you.

FLOWERING CHERRY - The Buddha essence; beingness; gentleness; inner peace.

FLOWERING GUM - Personal authority and autonomy; positive ambition to live according to one's own values.

FLOWERING QUINCE - Despair; hopelessness; depressed anger; confusion; pain.

FORGET-ME-NOT - Memory loss; sense of isolation; heightened spiritual awareness; for nightmares and sleep walking.

FRANGIPANI - Grief and shock of karmic origins; dread; inexplicable fears; positive commitment to the future.

FREESIA - Overwhelmed by life itself; apathy; reverence for life; desire to be of service.

FRINGED LILY TWINER - For those who blame others for their misery when thwarted. Also for spoiled children and manipulative parents who can be vengeful and brooding. Allows you to see that selfishness lies at the root of misery. Teaches you to turn your focus away from yourself, and stimulates love.

FRINGED MANTIS ORCHID - For the destructive, psychic predator, or the busybody with an unhealthy curiosity and no conscience. Brings conscience into one's activities; curbs unhealthy

curiosity about the affairs of others. Confers the realisation that you should only use information for benevolent reasons

FRINGED VIOLET - For shock and trauma, damage to the aura and lack of psychic protection allowing energy and vitality drained by other people and environmental factors like radiation. Poor recuperation. Removes the effects of recent and old trauma, realigns the subtle bodies after shock and gives psychic and energy protection.

FUCHSIA - Suppressed anger, pain and shame; expression of deep feelings; integration of past experience.

FUCHSIA GREVILLEA - For those who tend to be two-faced. Brings the realisation that hidden negativity is destructive, as well as a release from smugness, anger and a dislike of being exposed.

FUCHSIA GUM - For claustrophobia, both physical and emotional. Prevents feelings of panic in confined spaces.

FUMARIA - Transmutation of suffering; shift of focus from self to the transpersonal world; personal responsibility.

GAZANIA - Subjugation of the self to the will of others; the breaking down of repressive attitudes and also for feminine sexuality and creativity.

GENTIAN - For those easily discouraged by difficulties, who doubt and lack faith in their ability to succeed. For the negativity that breeds feelings of failure, disappointment, scepticism, gloom and sadness. Encourages perseverance and the realisation that we cannot fail when our goal is to learn more about ourselves and the nature of life.

GERALDTON WAX - For those who feel trapped and resentful, who feel they are under someone else's thumb (for example a parent who always tries to appease a demanding child). Helps you to become strong enough not to be pressured against your will or influenced by the desires of others.

GERANIUM INCANUM - Vengeful or morbid thoughts; abusive and destructive relationships; integration of the shadow.

GIANT PROTEA - Blocked or crushed creativity; lack of vitality; activation of the will; harnessing the spiritual forces.

GODDESS GRASSTREE - For maturation of the female principle (in both men and women). Brings inner strength, nurturing, sensitivity and loving wisdom that is not emotionally dependent. Releases the female aspect into society.

GOLDEN GLORY GREVILILEA - For those whose trusting, open, relaxed nature has been abused, creating within them an uneasy feeling about the motives of others. Rekindles a sense of trust and confidence to allow other people into your life, not to expect or worry about being judged.

GOLDEN WAITSIA - For those who worry about details as well as those needing to accept their present imperfect state of health and wellbeing while convalescing from illness or trauma. Re-ignites spontaneity and carefree feelings, healing all aspects of the anxiety that is caused by perfectionism.

GORSE - For times when life seems a misery, bringing hopelessness and despair. For those resigned to feeling nothing can be done to help and that any attempt will be futile. These feelings can result in conditions that apparently cannot be cured, or repeated failure or disappointment. Heals the inner will to see light in the darkness and embrace suffering as a positive aid to self-realisation.

GRAPEFRUIT - Emotional toxicity; out of touch with the physical world; overactive psychic life; integration of 'out of body' experiences; access to other dimensions.

GRAPEVINE - Self-destructive or erratic behaviour patterns; substance abuse; self nurturing; clearing of the aura.

GRASSY BELL - Deep hurt; pain and fear relating to betrayal; developing the ability to trust; mutual trust in relationship.

GREEN PEPPER - Over-involvement in detail; inability to delegate or see the overall picture; excellence.

GREEN ROSE - For people intolerant of advice when needing to break through a problem, becoming agitated when challenged by new ideas - and stagnating in their isolation. Maintains progressiveness, helping you to embrace new thoughts and ideas, not to stagnate, become negative or blame others for your situation.

GREEN SPIDER ORCHID - For nightmares, phobias. Those needing acceptance. Brings release from terror and the ability to guard information.

GREVILLEA - Affected by criticism; incorporation of the shadow; centring in the self.

GREY SPIDER FLOWER - For terror, panic and fear of psychic attack. Nightmares. Gives faith, calmness and courage.

GYMEA LILY - For proud, dominating and controlling personalities. Brings humility and the ability to let go of control.

HAPPY WANDERER - For those who doubt their abilities and need others for security and support, either emotionally, mentally or physically. Helps you stand on your own feet, knowing you are strong enough to do things by yourself. Clears insecurity.

HARMONY ESSENCE - When emotional tension, frustration and the demands of daily life become overwhelming; when tempers flare or we find ourselves in situations of discord, thrown off centre and unable to maintain balance and harmony in our lives, this is the essence to use.

Harmony Essence stills the mind, calms, bringing emotional clarity and serenity. It lifts us to a level where we have a different perspective and can become aware of the wonder and beauty of people and of life itself, attuning to nature as a source of peace, inspiration and creativity. In order to live our lives in harmonious balance, we need to cultivate an awareness of who we really are, holding sacred a place of stillness within us on which we can draw for renewal. When we can live in a state of grace, connected to the wholeness of all that is, conscious of our own power to create the life we want, harmony is a natural consequence. Use this essence to help you.

HEATHER - For those who feel needy of and greedy for attention of others. They may be obsessed with their own affairs, constantly chattering, unable to bear being alone, seeking sympathy and living off the energy of others. For those who are self-centred, over-concerned with themselves, lacking interest in others, or prone to hypochondria. Enables you to stand alone and find a wider, less self-centred view of life.

HIBBERTIA - For fanaticism, excessive self-discipline, addiction to acquiring knowledge for self-improvement. Allows you to accept yourself, your own knowledge and experiences. Dispels the desire to be superior to others.

HIBISCUS - Focusing and harnessing creative abilities and energy into potent force.

HOLLY (SA) - Deep pain; the desire to hurt others; sense of deprivation and alienation.

HOLLY - For when we are enveloped in negative and aggressive emotions such as anger, jealousy, bitterness, envy, rage, suspicion, revenge, hatred, bad temper, contempt, selfishness, frustration. Encourages the ability to show good-will and love to others, in the awareness that what enhances us, enhances all.

HONEYSUCKLE - For nostalgia, getting stuck in the grief, regrets and memories of the past, longing for happier days gone by, romanticising the past. Also for homesickness. Helps us to live in the moment, using past experiences as a guide and solid foundation, rekindling interest in life.

HOP'S BUSH - For those who cannot sleep or relax due to frenetic energy. Earths excessive, scattered energy, re-establishing a natural and healthy flow which feeds your need for activity without over-stimulating you. Brings inner mental and physical peace, restoring your control over life and balanced states of rest and activity.

HORNBEAM - For temporary feelings of being overwhelmed, mental / physical weariness, lack of energy, boredom, the feeling that everything seems too much, an inability to get up in the morning and face the day. Also for convalescents. Encourages creation of a balanced lifestyle which is sufficiently stimulating and varied to allow inspiration to flow.

HYACINTH - Inner stillness; access to the sacred space within; spiritual connection; accessing magical power within; beingness.

HYBRID PINK FAIRY (COWSLIP) ORCHID - For those who take others' attitudes too personally, feeling unfairly persecuted or threatened; for over-sensitivity, paranoia, tearfulness over small matters. Enables one to get on with life concerned with others' reactions. Generates contentment, inner tranquillity and self-contained positively. Also helpful for PMS and the sensitivity of pregnancy.

HYPERICUM - Integration of incoming spiritual energies; grounding of cosmic energy; psychic protection.

ILLAWARRA FLAME TREE - For those suffering from a sense of rejection and feeling left out, especially for children undergoing temporary setbacks at school. Fear of responsibility. Brings self-approval and reliance, confidence and inner strength.

ILLYARRIE - For those who have been badly hurt and suppress the memory. Allows you to realise that you have the strength to face and deal with any pain, that it is never as bad as you fear and it will not overwhelm you. Useful in past-life therapy to uncover forgotten experiences affecting the present.

IMPATIENS - For impatient, impulsive people who dislike restraint and are driven by urgency and hastiness, who like working at their own speed, act quickly and are critical of others. For those prone to nervous tension, over-exertion and accidents, temper outbursts, irritability, sudden pains and cramps, indigestion. Releases pent-up tension and encourages the patience to enjoy being as well as doing. Brings sensitivity to situations and relationships.

INNER CHILD ESSENCE - An important aspect of psychology today is the awareness of the child within each of us. Frozen in time, this inner child we once were is encapsulated in the emotions and experiences of our childhood. The child will often take the centre stage in our adult lives, needing attention and expressing the anger, pain and fear which is the result of lack of love, neglect, shock, betrayal, abuse, demands for perfection or other circumstances to which we were subjected. This essence facilitates access to this child to ease the pain and trauma and to learn to

love and accept this aspect of ourselves.

INNER FEMALE & INNER MALE ESSENCES - The inner female and inner male aspects of ourselves are also well known components of psychology. Symbolised by yin/yang energy, this inner relationship is reflected in our interaction with the men and women in our lives. In order for us to be whole, it is important that these two aspects which exist within all of us, men and women alike, support and harmoniously balance each other. The *Inner Female Essence* works to strengthen our ability to conceive new ideas and to be, rather than to do, as well as our intuitive, receptive and nurturing qualities. The *Inner Male Essence* facilitates our ability to create, to concretise things in the outer world, to bring ideas into form, to initiate, act, protect and lead.

ISOPOGON - For poor memory, senility, an inability to learn from past experience. For a stubborn, controlling personality. Brings learning from past experiences, retrieval of forgotten skills and memories. Allows you to relate to others without manipulation and control.

IXIA - Lack of confidence; shyness; timidity; self deprecation; introversion.

JACARANDA (SA) - Escapism; indecisiveness; procrastination; perseverance; "follow through" ability.

JACARANDA - For those who are changeable, dithering, aimless, scattered, always rushing around and accident-prone. Brings decisiveness, quick thinking and a clear mind.

KANGAROO PAW - For socially immature, clumsy or gauche individuals who are insensitive to the needs of others. Encourages relaxation, sensitivity, *savoir faire* and enjoyment of company.

KAPOK BUSH - For people who are easily discouraged and give up easily, resigned and apathetic. Brings persistence, common sense, practicality and a willingness to apply yourself to any task.

KEURTJIE - Nurturing; parenting; post-natal depression; nurturing of inner child.

KOLOKOLTCHIK - For conquering adversity after a long history of struggle when the will to fight has faded. Restores the desire to fight on and not succumb.

LARCH - For lack of confidence, feeling trapped in self-doubt and inferiority, expecting failure so not bothering to try, hesitating and procrastinating. Also for the despondency and general depression often associated with impotency. Develops our sense of realism about our talents, builds confidence and self-assurance, and clears old patterns of limitation.

LAVENDER - Panic; hysteria; insomnia; soothing; calming.

LEAFLESS ORCHID - For those who feel bogged down - such as the uninspired therapist who is drained, tired and lacking vitality. Promotes attention to central not peripheral needs in yourself and others. Allows you to find the energy deep within to keep positive and active in your work for others without becoming depleted and tired, mentally and physically.

LEMON - Disallowed anger in women; sexual imbalance; female power.

LITTLE FLANNEL FLOWER - For denial of the child within, over-serious adults, precocious children who grow up too quickly. Restores sense of playfulness and joy. For having fun.

LOQUAT - Apathy; withdrawal from the demands of daily life; martyrdom; resignation; assists in incarnation process.

LOTUS - Alignment of chakra energy; contact with Soul and Spirit; ineffable joy; meditation.

MACROCARPA - For those who are tired, exhausted, burnt out and, as a result, have poor immune resistance. A tonic, quick pick-me up which regenerates the adrenal glands, restoring energy, strength and vitality.

MACROZAMIA - For balancing basic flows of Yin and Yang. Balances sexual energy to free blockages brought about by bad experiences such as rape or incest. Heals and restores all aspects of the male / female - releases blockages, corrects under-development and adjusts hormonal fluctuations.

MAIDENHAIR FERN - Exponential understanding of life purpose; sensitivity; spiritual attunement.

MANGO - Inability to express warmth; personal inadequacy; universal love; compassion; empathy.

MANY-HEADED DRYANDRA - For those seen as irresponsible or 'fly-by-night', displaying erratic behaviour and panic. Brings composure and strength. Helps you to confront and deal with life's problems rather than running away from them.

MAPLE - Workaholics; excessive use of the will; balance of physical and personality forces.

MARIGOLD - Scepticism; focused in the logical, rational mind and linear thinking; aggression; argumentativeness.

MAUVE MELALEUCA - For the emotional idealist who has been hurt and is sad. Also for the unloved spouse, parent or child. Eases despondence about an uncaring world. Allows you to find fulfilment within and tap into the source of eternal love.

MENOPAUSE ESSENCE - With the emphasis today on the perpetual pursuit of youth, the value and importance of maturity, experience and the wisdom that is garnered with time, is often overlooked. The belief that age brings redundancy can be changed as we recognise the valuable contribution we can make, as older members of the community. As we battle with physical change, *Menopause Essence* can play a vital role in strengthening our sense of self esteem and self worth, allowing the passage into this new phase of life to be accomplished with dignity and grace. It enables us to perceive the beauty that accompanies maturity, to move confidently into our full power and to play a part as wise elders in our community.

MENZIES BANKSIA - For clearing the fear that history will repeat itself, in the form of past experiences of hurt and rejection. Also for psychic paralysis. Allows you to let go of past pain, move on through present pain with courage, and have no fear of new experiences.

MIMULUS - For fear of specific or known origin, often undisclosed due to shyness; fear of illness, death, others and being alone. Symptoms may include stuttering, blushing, shallow breathing and over-sensitivity to noise, crowds and confrontations. Allows us to value our sensitive disposition and have the strength, courage and safety to enjoy life.

MINT BUSH - For spiritual trial and tribulation, despair, feeling overwhelmed. Brings calmness, the ability to move on, and readiness for new beginnings.

MOCK ORANGE - Male confidence and autonomy; expansion of masculine energy.

MORNING GLORY - Imbalance in patterns of waking and sleeping; substance abuse; meditation.

MOUNTAIN CABBAGE TREE - Refusal to grow up; rebelliousness; avoidance of responsibility and commitment; parent projection onto partner.

MOUNTAIN DAHLIA - Insensitivity to others; self-absorption; selfishness; negative ego; healing ability; telepathy.

MOUNTAIN DEVIL - For hatred, anger, jealousy, holding grudges and suspiciousness. Brings unconditional love, forgiveness and happiness.

MOUNTAIN ROSE - Profound or existential pain; suicidal tendencies; loneliness.

MULLA MULLA - For trauma associated with fire, heat or even sunburn. Fear of flames, fire and hot objects. Brings a feeling at ease with fire. Releases stored radiation and aids rejuvenation.

MUSTARD - For overwhelming black clouds of depression of unknown origin, causing deep sadness and melancholy that lifts as unexpectedly as it descends. Brings the realisation that every day is an opportunity to get more deeply in touch with ourselves, to grieve for what is amiss so healing can occur in preparation for new growth.

NASTURTIUM - Overemphasis on the intellect; mental strain through study or overwork.

NICOTIANA - Feeling of undeservability and separation; numbing of emotions; self-destructive behaviour; abuse of tobacco.

OAK (SA) - Stabilisation after divorce, loss of loved one, trauma or shock; surgical procedures; connection to one's roots.

OAK - For strong, reliable, responsible and patient people who shoulder their burdens without complaining, though have a tendency to take on more than they can manage. Their perseverance can lead to exhaustion, though they find ill-health frustrating because it imposes limitations.

OLD MAN BANKSIA - An Aboriginal symbol of female spirituality. For lethargy, low energy levels, sluggish thyroid activity, obesity. Restores energy, enthusiasm, the enjoyment of and interest in life.

OLIVE - For total mental-physical exhaustion. Useful after prolonged illness or during convalescence, for combating the effects of overwork and over-worry, and to help you get through crises such as divorce or conflict.

ONE-SIDED BOTTLEBRUSH - For those who are over-burdened and depressed, caught up in themselves, complaining about their workload. Brings the realisation that others also have burdens to bear and keeps you from getting caught up in the 'poor me' syndrome.

ORANGE - Emotional tension; overcharged emotions; hysteria; possession; heals holes in aura.

ORANGE LESCHENAULTIA - For true survivors, tough-skinned people who have become insensitive and lacking compassion. Encourages benevolence and caring and puts you in touch with the softer qualities of life.

ORANGE PINCUSHION - Archetypal fear; shock; panic; fear of annihilation; dread; terror - grounds and centres.

ORANGE SPIKED PEA FLOWER - For those who feel undermined by what others say, feeling angered to the point of violence. Helps you to let words spoken by others pass over you and not destroy your poise. Promotes self-expression.

ORANGE WATSONIA - Cruelty; ruthlessness; self centeredness; unaware of impact on others; ability to inspire and lead.

OREGANUM - Grace; ease; ability to be oneself without pretence; gives confidence.

OXALIS - Polarities of inferiority and self-importance; lack of self-worth; arrogance; overbearing behaviour.

PAINTED LADY - Jealousy; resentment; holding of grudges; suspiciousness; hardening of the heart.

PALE SUNDEW - For unscrupulous people who use people and situations for their own benefit, such as the business shark or ambitious politician. Brings the realisation that being manipulative and predatory is senseless and destructive. Increases repulsion to wrong-doing. The essence is conscience.

PANSY - Thin-skinned; sensitive to criticism; overly vulnerable; fear of opening up.

PARAKEELYA - For quiet, passive people who become the unappreciated workhorse in the family, business or community; for deep-seated loneliness and pain that comes of feeling used and uncared for. Helps you to stand up and be respected so you become the inspired worker who can enjoy belonging to the group. For self-esteem and assertiveness.

PARENTING ESSENCE - This essence assists us in meeting the challenges that parenting presents. To parent successfully, without demanding that our children live up to our expectations or fulfil our own frustrated desires, requires understanding and a wider perspective. *Parenting Essence* enables us to bring wisdom to the experience, to honour our offspring for the individuals they are and to support them in their growth, while simultaneously respecting our own needs. It also enables us to parent the inner child within us.

PARSLEY - Perfectionism; self-criticism; self denial; negative ego; self forgiveness.

PAW PAW - For those overwhelmed and burdened by decisions who are unable to resolve problems. Mal-absorption of food. For assimilating and integrating new ideas and information. Improves access to the Higher Self for help in problem solving. Aids the absorption of nutrients.

PEACH - Melancholy; effects of past trauma; fear of pain; contraction of aura; clearing of blockages in subtle bodies.

PEACH-FLOWERED TEA-TREE - For mood swings, lack of commitment to completing projects due to boredom. For hypochondriacs. Brings emotional balance, completion of goals and projects. Encourages trust and taking responsibility for health without becoming preoccupied by it. Balances the pancreas.

PELARGONIUM - Loneliness; isolation; alienation; brings sense of oneness.

PERIWINKLE - “The Sword in the Heart”; adolescent wounding; shattering of ideals; cynicism; healing of heart chakra.

PERSONAL POWER ESSENCE - *Dog Rose, Five Corners, Southern Cross and Sturt Desert Rose* Rekindles self-esteem and confidence, allowing us to take full responsibility for situations and events in life. Helps us to realise that we have the power to change and create our own destiny.

PETUNIA - Inspiration; visualisation; creative dreaming abilities; for mapmakers.

PHILOTHECA - For an inability to accept acknowledgement, excessive generosity. Brings an ability to accept praise and receive love and acknowledgement.

PIN CUSHION HAKEA - For those who feel their beliefs may be threatened or their logic undermined by new ideas, such as scientists and religious people. Allow you to be open to new ideas, not to fear the views of others, to relax and be more accepting without compromising your own ethics.

PINE (SA) - Self-chastisement; self-blame; self-criticism; remorse; guilt.

PINE - For those taking the blame for others' mistakes or situations not of their making. For the guilt and self-reproach that has become part of their lives. Also for those who are self-critical, over-conscientious and constantly striving, leading to tiredness and depression. Allows forgiveness of shortcomings, releases responsibility, brings true understanding and acceptance of the human condition.

PINK BELL HEATHER - Self-deception; insincerity of motive; confused or conflicting motivation; facilitates impeccability.

PINK EVERLASTING STRAW FLOWER - For those who perceive others' feelings but cannot respond to them emotionally due to feeling 'dry' and depleted. Renews springs of love and joy. Helpful for teachers and care-givers.

PINK FAIRY ORCHID - For those who feel panicky due to circumstances, creating mental instability and the feeling of being overwhelmed by the environment. Filters the stress of environmental situations which can cause feelings of panic and being overwhelmed. Calms the inner core and helps to lessen over-sensitivity to the environment.

PINK FOUNTAIN TRIGGER PLANT - For those losing their inner vital force which keeps us alive, either by a slow draining on the physical level or a rupture in the subtle bodies. Re-ignites the vital flame and restores its dynamism.

PINK IMPATIENS - For the idealist, the moralist who compromises through struggling to maintain his or her standards. Helps you to retain ideals and standards no matter the obstacles, to have determination and creativity to carry on without compromising.

PINK MULLA MULLA - For deep hurt, isolation, being guarded and feeling blocked. Helps in overcoming obstacles, opening up and finding forgiveness.

PINK TRUMPET FLOWER For those who find it difficult to maintain their sense of purpose, who get lost during a thought-process or activity. Brings clarity and focus. Harnesses inner strength of purpose and directs it towards important goals. Encourages achievement through new mental directness.

PINK WATSONIA - Feeling dissipated; living one's life according to the opinions of others; finding one's centre, clarity and focus; establishing boundaries.

PIXIE MOP - For sensitive, emotionally needy people who have become hard because they feel let down. Brings the realisation that forgiving those who let you down frees your heart, so that you can help others as you would hope to be helped yourself.

PLUM - Feeling of undeservability; unwillingness to receive; clearing of the past; breaking of karmic patterns.

PLUMBAGO - Shame; undeservability; lack of trust in one's own judgement; subjugation to the will of others.

POMEGRANATE - Striving to be 'superwoman'; feminine identity and creativity; yin/yang balance; puberty; pregnancy; menopause.

POMPOM TREE - Avoidance and fear of vulnerability; fear of rejection; shame; courage to risk emotional contact.

PURPLE AND RED KANGAROO PAW - For clearing negativity and non-constructive criticism, such as blaming others all the time. Encourages you to do something positive and constructive.

PURPLE EREMOPHILA - Very helpful during relationship upsets. Helps you to gain and maintain serene objectivity amidst very personal issues of the heart, without compromising your richness of feeling and sensitivity towards loved ones.

PURPLE FLAG FLOWER - For those who push themselves to their stress threshold, making them feel extremely anxious and unable to relax. Brings healing relaxation of mind and body. Helps you to unwind, releasing built-up pressure and tension.

PURPLE NYMPH WATERLILY - Helps those wishing to share their treasures with others but finding themselves holding back. Brings selfless service, while making sure you are not caught in emotional traps in your dealings with others.

PURPLIE ENAMEL ORCHID - For those who begin a task feeling unmotivated and useless, then behave like workaholics to prove themselves. Maintains a consistent and healthily balanced energy input - not too much, not too little and not all at once - to gain a healthy equilibrium between rest and work.

QUEENSLAND BOTTLEBRUSH - For clearing a conflict of desires and unsettled behaviour. Allows us the freedom to be ourselves, to know that people and experiences come and go; we do not have to be isolated from them to stay safe.

RABBIT ORCHID - For those who tend to be superficial and insincere - socialites. Bestows sincerity and straightforwardness, not shallowness and emptiness. Provides the ability to see the rewards of meaningful, honest relationships. Helps you to find your true self.

RADIATION ESSENCE - *Bush Fuchsia, Crowea, Fringed Violet, Mulla Mulla, Paw Paw and Waratah* Negates or reduces all forms of radiation including natural earth radiation, electrical force fields, solar rays and radiation therapy for cancer. Also good against nuclear radiation. Prevents accumulation in the body and helps to emit already-stored radiation to keep the body's energies intact and the neurological systems functioning normally.

RED AND GREEN KANGAROO PAW - For being in touch with the here and now, and realising that those close to you are a priority. Encourages sensitivity and patience; brings joy.

RED BEAK ORCHID - BURNOUT ORCHID - For the frustrated housewife or husband, lethargic employee, lazy student or truant. Resolves the clash between desire and responsibility that often causes a sense of burden and mental paralysis. Counters lethargy, rebelliousness, boredom and depression.

RED CAMELLIA - Inner child shock and fear; trying to earn love; need to be perfect.

RED CHESTNUT - For those who are fearful and anxious for the welfare of loved ones, anticipating trouble, imagining the worst, being over-concerned about world problems and projecting their anxiety onto others. Develops trust and calm confidence in the ability of others to look after themselves.

RED ERICA - Hypochondria; control and punishment of others; self pity; shame; sense of self-worth.

RED FEATHER FLOWER - For the laziness and dishonesty that can arise in those who feel life owes them a living. Teaches that it is better to give than to receive; that we should not exploit the goodness of others or feel resentful when they feel they have given enough; to rely on our own energy and resources; to be there for others.

RED GREVILLIA - For feeling stuck, knowing the goal but not how to attain it. For those who are easily affected by criticism and unpleasantness, too reliant on others. Gives strength to leave unpleasant situations. Encourages boldness.

RED HELMET - For rebellious, hot-headed, selfish people who resent authority due to a poor relationship with their father. Helps men bond to children; develops sensitivity and respect.

RED HOT POKER - For treatment of physical, emotional or mental abuse resulting in emotional withdrawal.

RED LESCHENAULTIA - For those who feel contemptuous of weaker people, are harsh, lacking in sensitivity. Turns harshness and lack of empathy into sensitivity. Helps you to become caring and considerate towards those weaker than you.

RED LILY - The sacred lotus embodying Aboriginal spirituality. For daydreamers who are vacant and accident prone. Balances spiritual and earthly aspects, enabling you to be grounded and practical while evolving spiritually. Good for autism and countering the effects of drugs.

RED SUVA FRANGIPANI - For turmoil emotional upheaval, sadness. Brings feelings of acceptance, equanimity and nurturing.

RESCUE REMEDY AND FIVE FLOWER REMEDY - A blend of Cherry Plum for loss of control, Clematis for unconsciousness, Impatiens for stress, Rock Rose for panic / terror, and Star of Bethlehem for shock.

RHODODENDRON - Rigidity; obstinacy; dogmatism; refusal to change; holding onto the past; repetition of patterns.

RIBBON PEA - For those who feel a sense of nameless dread, but don't understand why. Helps you to rise above the fear and foreboding that prevents you from having a positive attitude and real direction for a fulfilling life. Heals the panicky fear of annihilation.

ROCK ROSE - For fear, panic, feeling paralysed by terror, and the hysteria due to emergencies, sudden illness or accidents. Symptoms include coldness, trembling and loss of control; nightmares. Brings calm so you can respond adequately and appropriately to problems.

ROCK WATER - For rigidity and self-repression, being ruled by logic and hard on oneself and others. Also for fantasists and idealists prone to obsession, punishing self-discipline and spiritual pride. Facilitates open flexibility and a sense of balance in your approach to life.

ROELLA - Pride; elitism; prejudice; negative ego; integration of shadow; humility.

ROSE CONE FLOWER - For those who feel frazzled and touchy, have difficulty coping, are easily disturbed, want to be alone, need space and peace (such as the parents of babies or young children). Helps you to discover peace amidst the storm, releasing tension so you can enjoy being around others.

ROSEMARY - Forgetfulness; emotional coldness; assists in incarnation process.

ROUGH BLUEBELL - For those who lack concern for others' feelings, who are openly malicious. Brings openness, compassion and unconditional love.

RUSSIAN CENTAUREA - For brave people who stand up and oppose injustice, regardless of the consequences; for risk-takers who feel opposed or trapped. Teaches that there are times when you cannot act because of negative forces stronger than yourself, when you must keep your flame hidden so as not to attract undue attention from those seeking to destroy you.

RUSSIAN FORGET-ME-NOT - For the follower, looking to others for leadership, underestimating his or her own abilities and strengths. Helps you to find hidden strength.

SAUSAGE TREE - Core issues relating to masculinity in today's world; yin/yang balance; integration of polarities.

SCILLA - Domination; self-importance; a need to be right; facilitates working together for the common good.

SCLERANTHUS - For indecision, mood-swings, lack of concentration and balance, restlessness, changeable outlook, problems making oneself understood. Also for those prone to travel sickness. Helps us to discover inner balance so we can become clear and decisive.

SENECIO - Fear of ageing; perpetual pursuit of youth; failure to recognise dignity and grace of mature beauty.

SEPARATION ESSENCE - We live in a world where separation is rife, where families are frequently torn apart and where many children are shuffled between parents. Whenever you, or those you care about, are split from loved ones, whether the separation is short or long term, be it by divorce, death, emigration, break-up or even boarding school, use this essence. It will bring courage and the ability to cope, to deal with the pain or grief, to focus in the present with optimism, to take hold of life and live it fully. We may need to learn to allow others to follow their own path in life, to relinquish control or to become whole within ourselves. *Separation Essence* will provide vital support.

SHASTA DAISY - Making the whole holy; integration of matter and spirit; holographic understanding of reality.

SHE OAK - For infertility, especially when there is no physical reason; hormonal imbalance in females, especially PMT. Restores fertility and hormonal balance; aids conception. Helps with fluid retention.

SHY BLUE ORCHID - For those dedicated to the path of light. Gives a sense of protection and dynamism where powerlessness had prevailed. Focuses spiritual energies that dispel negative forces in the environment.

SILVER PRINCESS - For lack of direction in life, aimlessness and despondency. Gives life, purpose and direction, motivation.

SILVER PRINCESS GUM - For those who lose interest or give up easily, displaying rebellious and frustrated behaviour. Teaches you to persevere when things are not working out, to keep caring and not rebel - thereby overcoming obstacles and achieving your goals.

SILVERLEAF - The female warrior; illumination from within; re-emerging Goddess energy.

SLENDER RICE FLOWER - For racism, narrow-mindedness, and comparing yourself to others. Encourages co-operation, humility, pride, interconnectedness and the ability to see goodness in others.

SNAKE BUSH - For those who give but are motivated by the need to be loved. For people emotionally unsettled and frustrated in love. Helps you to learn to be self-contained and to care for others without seeking anything in return, so easing disillusionment and anxiety.

SNAKE VINE - For victims of destructive gossip or character assassination. Also helpful during relationship break-ups, when bitter feelings can undermine your self-confidence. Replenishes confidence and appreciation for your own achievements when others are sowing the seeds of negativity and doubt.

SNAPDRAGON - Misdirected sexual energy resulting in verbal aggression, cruelty and sarcasm.

SONDERINA - Repetitive thought patterns; insomnia; agitation; worry.

SOUR FIG - Self aggrandisement; emotional neediness; attention seeking; domination of others.

SOUTHERN CROSS (AUSTRALASIAN) - For those with comfortable lifestyles who feel bewildered when life deals them a sudden blow and they have to struggle for survival. Brings a realisation of how life is for others and how, one day, it could be for you.

SOUTHERN CROSS - For victim mentality; those 'who think life has been hard on them and they feel hard done by; complaining, feeling impoverished. Brings personal power; taking responsibility for situations and being able to effect a positive change.

SPINIFEX - For Herpes, Chlamydia and surface cuts or grazes. Heals physically by helping you realise the emotional issues involved. Heals skin conditions when applied topically.

SPUR FLOWER - Facilitation of learning and assimilation; integration of knowledge; useful for exams.

SQUASH - Personal adversity and turmoil; fortitude in confronting fears.

STAR OF BETHLEHEM (AUSTRALASIAN) - For resignation, frustration and lack of initiative due to a feeling that there is no hope of improvement. Brings the realisation that there is always hope; helping you to see all the solutions life can offer, and to know that you can find happiness by breaking through problems with creativity.

STAR OF BETHLEHEM - For all forms of shock: sudden and traumatic, long and slow over a period of time, delayed from the past, the shock of birth. Clears shock from the system bringing a sense of being centred, soothed and comforted. Restores the body's self-healing mechanisms.

STRELITZIA - Indecisiveness; procrastination; "stuckness"; self doubt; lack of personal power; fear of future; strengthens visualisation abilities.

STRESS ESSENCE - When the demands of daily life overwhelm us, when stress, nervousness, anxiety, fatigue or overwork deplete us, this essence is of great assistance. Many of us are so frequently in overload - *Stress Essence* lightens the load, centres and calms us, enabling us to operate from a sense of personal power.

STUDY ESSENCE - This essence is a must for exam time! Whenever you or your offspring want to focus your minds, whether it is for examinations, tests or simply assimilating knowledge, use

Study Essence. It works to harmonise and calm the mind, integrating right and left brain lobe functions and improving your concentration.

STURT DESERT PEA - For deep hurt, sadness and emotional pain. A powerful essence that diffuses and allows you to let go of sad memories. Motivates and re-energises.

STURT DESERT ROSE - For guilt and lack of self-esteem stemming from past actions. For those who are easily led. Helps you to follow your own inner convictions and morality.

SUBSTANCE ABUSE - This essence works to activate the forces of the will and to break addictive or destructive patterns of behaviour whether they be drug, alcohol or nicotine abuse or an addiction to adrenaline. These are often a response to a sense of emptiness or a desire to escape pressures, pain, fear or anxiety that is too intense to bear. Working vibrationally, **Substance Abuse Essence** introduces new perspectives which bring about a strengthening of character and self-respect. While a flower essence cannot interfere with our free will, from these new perspectives we can make different choices and direct our lives into more positive channels, supported by a new pattern of resonance.

SUGAR BUSH PROTEA - Inner child abandonment issues; lack of sweetness; repressed childhood longings.

SUNBONNET - Need for validation; co-dependency; lack of self-worth; personal inadequacy.

SUNDEW - For those under the age of 28 who are vague, indecisive, dissociated, lacking focus and prone to procrastination. Encourages grounding, focus, inspiration, attention to detail, enabling you to live in the present with interest. Speeds recovery from fainting and anaesthetics.

SUNFLOWER - Threatened masculine energy; balances inner-male aspect; radiance of male energy.

SUNSHINE WATTLE - For struggle, feeling trapped in the past and expecting the worst for the future. Brings optimism and an acceptance of the beauty and joy in the present.

SUPER LEARNING ESSENCE - *Bush Fuchsia, Isopogon, Paw Paw and Sundew* A powerful combination of essences which brings about mental clarity and focus, enhancing all learning skills and abilities.

SURING - Excessive intensity and fervency, over aroused passion and ardour.

SWEET CHESTNUT - For anguish and despair, desolation, feeling at the limits of our endurance, that nothing is left but destruction and oblivion - the dark night of the soul. Reveals the light at the end of the tunnel, restoring hope and an awareness that all transforming processes have a purpose. Brings the understanding that we must experience darkness to appreciate the light.

SWEETPEA - Lack of personal space; sense of not belonging; need for peace and stillness.

TALL MULLA MULLA - For feeling scared and unsafe, lack of integration with others. Brings the ability to interact socially and feel secure with people.

TALL YELLOW TOP - For alienation, loneliness and isolation. Brings a sense of belonging and knowing that you are 'home'.

THYME - Facilitates communication with subconscious mind; understanding and remembering dreams; access to other dimensions; "time is an illusion".

TIGER LILY - Awakening of the “Wise Woman”; awareness of dignity and usefulness of the crone; revelation of inner purpose.

Tired of arriving weary and stressed? *Travel Essence* is an invaluable aid in combating the fatigue and disorientation associated with travel. Today, with the ever increasing tempo of life, we spend more and more time dashing from A to B in fast vehicles or hopping on and off aeroplanes, often with less forethought than our grandparents gave to preparing for a weekend at the seaside!

TOMATO - Shattering of negative vibrational patterns; establishment of higher and new resonance.

TOUCH-ME-NOT - Inhibition; prohibitions imposed on women by patriarchal or chauvinistic society.

TRAVEL ESSENCE - Tired of arriving weary and stressed? *Travel Essence* is an invaluable aid in combating the fatigue and disorientation associated with travel. Today, with the ever increasing tempo of life, we spend more and more time dashing from A to B in fast vehicles or hopping on and off aeroplanes, often with less forethought than our grandparents gave to preparing for a weekend at the seaside! We have all suffered the detrimental effects of overcrowded aircraft and the resultant invasion of our personal space. The exposure to electromagnetic energy generated by sophisticated vehicles, the adaptation to time zone changes and to different polarity fields is also not without its cost. They all take a heavy toll on us physically, emotionally and mentally and can leave us dazed and ungrounded. *Travel Essence* protects you and your loved ones, allowing your auric field to adjust to the changes. It assists you in resetting your time clock, ensuring that you can undertake what lies ahead, refreshed and centred. For long distance travel, take it for a few days before departure, as well as en route and after arrival. For short journeys, use it three or four times daily. It is a must for every traveller's pocket!

TULIP MAGNOLIA - Vulnerability hidden by defensiveness; dissatisfaction; restlessness; perpetual activity.

TURKEY BUSH - For creative block and disbelief in your abilities. Inspires creativity, self-expression and renewed artistic confidence.

UMSIPANE - Excessive mental energy; perfectionism; cold patronising behaviour; sense of superiority.

URCHIN DRYANDRA - For those who feel downtrodden, the underdog in unequal relationships. Encourages you to rise above the feelings of inferiority, stemming from ill-treatment by others.

URSINIA - For idealists who are cynical, critical and frustrated with being part of a group or organisation. Allows the bright-eyed enthusiastic to see the reality of group dynamics and still retain his or her idealism. Fosters co-operation and productiveness to ensure healthy progress and growth despite problems with selfish members of the group.

VERONICA - For isolation and alienation stemming from the feeling that you go unnoticed and are misunderstood. Teaches you to relate to others differently, not to dwell on loneliness and the belief that no one understands you.

VERVAIN - For those who are over-zealous and forceful in their beliefs, enthusiastically trying to convert others by imposing their own will and ideas. For those who are highly strung, argumentative, strong willed and prone to over-exertion, thus setting up a stress pattern for physical

tension, muscle strain, headaches, migraines, eyestrain and exhaustion. Releases the stress pattern and built-up tension, enabling us to relax and let others lead their own lives.

VINE - For self-assured, proud, dominating, bossy people who use authority to gain power; leaders who are of great value in emergencies but who can be ruthless in pursuing their goals; tyrants and dictators; those prone to back problems and high blood-pressure. Brings flexibility, allowing us to put our skills and abilities to the general good while letting others develop their potential.

VIOLET BUTTERFLY - For those feeling emotionally shattered during and after relationship traumas such as break-ups. Calms flaring sensitivities and emotional pain, speeds emotional recovery, heals the damage and allows you to get on with the rest of your life.

VITALITY ESSENCE - *Banksia, Growea, Macrocarpa and Old Man Banksia* Encourages abundant energy, vitality, enthusiasm and joy for life. Balances the major glands, the thyroid and adrenals, and the muscles associated with generating and utilising energy.

VYGIE - Manipulation and punishing of others through victim hood, martyrdom and self-pity; power over others through dependence.

WALLFLOWER DONKEY ORCHID - For those who feel they are the victim of circumstances, becoming vengeful, cynical, empty and disillusioned. Allows 'letting go' rather than feeling the sickness of revenge. Allows you to take responsibility for making life positive so that you do not live with a chip on your shoulder.

WALNUT - For protection from outside influences and from major life changes (puberty, a new career, etc.) which have unsettled our foundations. Helps us to break with the old and those influences that impose on our free will. Enables us to establish new patterns, to break free and be ourselves.

WARATAH - For black despair, suicidal thoughts, feelings of hopelessness and an inability to respond to crisis. Brings courage, tenacity and adaptability. Strengthens faith and survival skills.

WARRATAH (SA) - Despair; shock; intense fear; traumatisation; refusal to accept the inevitable; self destruction.

WATER LILY - Numbing of emotions, emotional repression of pain; mask of indifference; sense of connectedness.

WATER VIOLET - For loners who retreat and isolate themselves, appearing aloof and quiet. They are self-reliant and contained, knowing their own minds, seemingly condescending because they believe they are different and special, never interfering with others and intolerant of interference; prone to physical tension, stiffness and rigidity. Brings the ability to ask for help when needed; allows us to appreciate and enjoy others.

WATTLE - Negative expectation; pessimism; discouragement.

WEDDING BUSH - For difficulty in committing to relationships, whether business, social or intimate. Encourages commitment in and to relationships. Restores dedication to life purpose.

WESTERN AUSTRALIAN SMOKE BUSH - For those feeling pressurised to achieve when they have no desire to, resulting in loss of mental control, nervousness, anxiety, fearfulness and severe stress. In extreme cases, fear of going mad. Promotes mental stability; reconnects mind and body and re-integrating the subtle with the physical aspects. Helpful for concentration, faintness after anaesthesia - promotes quick recovery.

WHITE CHESTNUT - For persistent unwanted thoughts, restless mental chatter, congestion, preoccupation, insomnia, confusion, depression, nervous worry and headaches. Quietens and calms mental processes, allowing the mind to function clearly and efficiently.

WHITE EREMOPHILA - For developing a broad perspective when messy situations threaten to drag you down. Brings clarity to complexities and difficulties. Helps maintain your equipoise, consistency and direction in life.

WHITE GERANIUM - Lack of focus and unreliability as a result of self pity and suppressed anger; irresponsibility.

WHITE NYMPH WATERLILY - For uncovering your deepest spiritual core. Brings tranquillity for reaching into the soul and use your Higher Self to integrate and respond to life from a universal rather than personal perspective. Helpful for spiritual practices such as meditation.

WHITE SPIDER ORCHID - For spiritual, humanitarian people such as volunteer workers with a tendency to introversion, sadness, hypersensitivity, and anguish deep in their souls. Brings love and caring without devastation at the insensitivity and suffering of others. Allows you to empathise while not being brought down by the world.

WILD COFFEE - Caffeine addiction; dulling of the mind; clears blockages in subtle bodies.

WILD DAGGA - Lack of willpower; avoidance of pain; addictive behaviour patterns.

WILD GARDENIA - Death and dying; terminations; closing of chapters; useful for hospice work.

WILD GARLIC - Auric protection against negative thought forms or psychic attack.

WILD GINGER - Abusive or violent behaviour; keeping a grip on oneself; fear of one's ability to be violent; dogmatic attitudes.

WILD IRIS - Frustrated; overwhelmed by demands of daily life; out of touch with creativity; awareness of goodness truth and beauty.

WILD JASMINE - Separation; alienation; self love; self esteem.

WILD OAT - For feeling uncertain of one's direction in life; dissatisfied, undefined or unfulfilled

WILD PEAR - Bitterness; cynicism; holding of grudges; congestion of negative emotions.

WILD POTATO BUSH - For a sense of being physically encumbered and weighted down; for a body that is slow to respond to will. Brings freedom and vitality to move on in life.

WILD ROSE - For resignation and apathy; feeling unable to cultivate interest or make an effort; being fatalistic, lacking vitality; prone to dullness and fatigue. Restores motivation, creativity and energy; rekindles enthusiasm.

WILD SAGE - Strengthening the will; clearing of accumulated negativity and psychic contamination in aura; energising the aura.

WILD VIOLET - For pessimists and worriers who are apprehensive, depressed, complaining and single-minded. Balances caution with the willingness to be carefree and optimistic, to take a chance on happiness.

WILLOW - For resentment and bitterness, blaming others, feeling hard done by, being self-centred and self-pitying, bearing grudges, feeling wronged. Often linked with arthritic problems. Brings the ability to take full responsibility for life in order to make a fresh start. Cultivates optimism and a sunnier disposition.

WISTERIA (SA) - Lack of equality in relationships; traumatised due to sexual abuse; imbalance between male and female sexual needs.

WISTERIA Specifically for women who are tense about and unable to enjoy sex for fear of intimacy, frigidity. Also for the macho male. Brings sexual enjoyment and gentleness.

WOOLLY BANKSIA - For those who are losing heart when the struggle seems too much. Rekindles the desire to go ahead with ideals and goals, to face new aspirations without fear of inevitable failure. Helpful during long, tiring, seemingly pointless phases in the journey to reach your higher ambition.

WOOLLY SMOKEBUSH - Helpful for maintaining forward progress without getting distracted. Offers perspective and humility. Helps you avoid the traps of glamour and self-importance, so that you look at life objectively.

YARROW - Protection against negative thought forms and psychic attack; sealing of the aura.

YELLOW AND GREEN KANGAROO PAW - For the perfectionist, hard task master, uncompromising parent or boss who is super-critical and intolerant. Teaches tolerance, the value of mistakes and the importance of being non-judgmental and patient with imperfections.

YELLOW BORONIA - For an overactive mind, scattered thinking, those who are easily distracted. Helps you to remain calm and centred so the mind can be focused and follow thoughts through.

YELLOW CONE FLOWER - For a sense of inferiority and lack of self-esteem. Brings acceptance of inner worth and freedom from the need to seek recognition from others. Prevents situations arising in which you are used.

YELLOW COWSLIP ORCHID - For critical, judgmental, bureaucratic attitudes. Fosters humanitarian concern, impartiality and constructiveness. Enables you to step back from emotions and develop a sense of arbitration. Balances the pituitary gland.

YELLOW FLAG FLOWER - For those stressed by daily chores, who feel unable to cope with the trying events in life. Brings calmness and brightness during times of stress, to help you to find the fortitude to handle all situations without making life one long, difficult grind.

YELLOW LESCHENAULTIA - For those who always know better - teachers, parents, teenagers who dismiss out of hand the views of others. Helps you to become open to others, to listen, be patient and tolerant.

YELLOW PINCUSHION - Fear of loss of control; fear of deprivation; fear of the unknown; being supported by love.

YELLOWWOOD - Facilitates the emergence of leadership qualities; guards against abuse of authority and self-importance.

YUCCA - Self-pity; resentment; bitterness; transforming victimhood through taking personal responsibility.

ZIMBABWE CREEPER - Overemphasis on achieving, enduring, striving; inability to accept

help; polarisation in masculine energy.

ZINNIA - Repressed inner child; excessive seriousness; inability to play; lightening up; cheerfulness; laughter; joy.