

Australian Bush Flower Essences

CHAKRA 1 - Base: survival, grounding. <i>Inner state - stillness, firmness, stability</i>		
Boab	- ve: enmeshed in negative family patterns, abuse + ve: clearing family karmic connections	Experience of abuse, prejudice. Access & clear patterns, especially of family. People who feel trapped, persecuted.
Dog Rose of the Wild Forces	- ve: fear of losing control, being swept away + ve: calm & centred in times of turmoil	Sense of imminent disaster. Involved in intense and turbulent emotion. On a knives edge, could snap at any moment. Relieves physical pain of no obvious cause.
Grey Spider Flower	- ve: fear of supernatural, nightmares, terror, panic + ve: faith, courage	Immobilising terror or panic. Night terrors in children. Fear of dying or losing identity (and of public speaking) Psychic attacks. Panic throughout a community (war, disaster)
Macrocarpa	- ve: personally drained, great tiredness + ve: renewal of enthusiasm	Exhausted, burnt out, low immunity. Works on the adrenal gland. Brings awareness of the need for rest, releases extra energy. For times of great physical stress, brings endurance.
Mulla Mulla	- ve: trauma from heat, fire, radiation + ve: reduces effects of fire, sun's radiation	Reduces risk of radiation (radiation therapy, X-rays, air travel) Prevents and treats sunburn. Helps hot flushes. Fever, helps to lower, very useful for children.
Red Lily	- ve: vague, ungrounded, indecisive + ve: balances spiritual & earthly, grounded, spiritual involvement.	Disconnected, daydreaming, fantasize, live in the future Clumsy thru lack of attention Those drawn to drugs esp. hallucinogens, helps clear after effects
Sundew	- ve: procrastinating, disconnected, spaced, lack of focus + ve: practical, attentive to detail, focused	Helps people return to the physical and the present. Recovery from shock, trauma, faint. Helps find focus, attention to fine detail. For vague & disconnected people, procrastinators.
Sunshine Wattle	- ve: stuck in past hard times, expect a grim future + ve: optimism, acceptance of beauty & joy in present	For hard times, financial worries, disappointments. No hope for the future, life is a grim struggle. Bleak outlook and expectations.
Waratah	- ve: extreme trauma, crisis, black despair + ve: faith, courage, survival skills	The black night of the soul, utter despair, suicidal tendencies. Quick acting, gives courage and faith.
Wild Potato Bush	- ve: burdened at physical level, weighed down + ve: freedom to move on	Physical burdens, limitations, restrictions: paraplegics, overweight, restrictive illness, pregnancy. Heavy metal detox. Brings vitality and freedom.

CHAKRA 2 - Sex: desire, pleasure, sexuality. Inner state - tears

Billy Goat Plum	- ve : disgust & sexual self loathing, shame + ve : sexual pleasure & enjoyment	Trigger words; unclean, shame. Attitudes surrounding sex act/juices, periods, perspiration. Also feelings of body loathing after sexual violation.
Bottlebrush	- ve : holding on emotionally + ve : making transitions & breaking habits	Overwhelmed by & resistant to major changes/transitions - career, marriage, moving, birth.
Bush Gardenia	- ve : taking loved ones for granted + ve : improves communication & passion	Brings thought, awareness, interest, passion to relationships. Helps reconnect, brings love to non-intimate relationships. Aphrodisiac remedy.
Flannel Flower	- ve : uncomfortable with physical & emotional intimacy + ve : trust & enjoyment in touch, healthy boundaries	Crave closeness but feel personal space is being invaded. Enhances physical expression & energy. Males: for lack of sensitivity, increases sensuality, joy of life.
Little Flannel Flower	- ve : denial of the child within + ve : playfulness, joy, spontaneity	Brings joy, releases burdens, encourages playfulness. Helps adults connect to children. Helps reconnect with psychic abilities.
She Oak	- ve : for females: distress about fertility, commitment + ve : overcomes imbalances in females	Women: clears emotional blocks around conception. Infertility: hydrating (secretions), regulating (hormones).
Wedding Bush	- ve : difficulty with commitment + ve : commitment to relationships & goals, dedication to life purpose	Helps commitment to relationships, employment, family, goals. Excellent at the start of a task, relationship. For dedication to life's purpose.
Wisteria	- ve : for females: uncomfortable about sexuality, fear from past abuse + ve : trust, fulfillment & enjoyment of sexuality	Women: fear of intimacy & expression of sensuality (also feelings which may stem from past abuse) Also for men: access & express softer, gentler, feminine side.

CHAKRA 3 - Solar Plexus: will, power. *Inner state - laughter, joy, anger*

Banksia Robur	- ve : loss of drive & enthusiasm, de-energised + ve : enjoyment of life	For those who have had a setback. Haven't recovered from flu, viral illness. Chronic fatigue, fibromyalgia, burnout, emotional disappointment
Black-eyed Susan	the stress remedy - ve : rushing, impatient + ve : inner peace, slowing, turning around	People who try to do too much, fast, striving, impatient. Can't delegate, can't pace themselves, blame others for being slow and inefficient. Achieve well - workaholics who pay the price
Crowea	the worry remedy - ve : warring, out of balance + ve : centering, gets in touch with feelings	Hurry, worry & money. For emotional balance. Targets stomach (acid, ulcers) & works with the muscles. Assists allergies, asthma, sporting injuries.
Dog Rose	- ve : fearful, insecure + ve : confidence	Emotional state of fear; known, minor, common everyday fears. Shy and anxious, limited by fear. Diffuses phobias. Helps compulsive eating.
Five Corners	- ve : low self esteem, poor confidence, self sabotage + ve : love, acceptance, let true self stand out	For dislike of self, esp. of the physical body. Self sabotage. To feel loved, good about the self. May need long-term use as issues come time & again.
Kangaroo Paw	- ve : socially awkward + ve : relaxed & sensitive	Unaware of the needs of others. May be narrow-minded. Insensitive people who put excessive demands on others. Gives ability to enjoy the company of others.
Kapok Bush	- ve : apathetic, chronic exhaustion + ve : commitment & motivation	Resigned to their fate, everything is too much trouble. Lets those who lack commonsense to become practical, applied. Allows people to see the broad picture.
Monga Waratah	- ve : needy, disempowered, addictive + ve : strengthens the will	Co-dependent. Stifled in a relationship, unable to leave. Over-needy, need strength & support of others. Helps reclaim the spirit, find inner strength.
Paw Paw	- ve : overwhelmed by decisions + ve : brings focus & clarity	Over-exposure to new ideas/info. Making major life decisions. Strengthens intuitive process Helps assimilate & integrate new ideas/info. To find higher self.
Peach Flowering Tea Tree	- ve : mood swings, hypochondriacs + ve : balance, self responsibility	Lack will to follow through. Initial enthusiasm that drains away (easily bored). Emotional balance, self confidence, ability to achieve.
Philothea	- ve : excessively generous, cannot accept praise + ve : helps self acknowledgement, self love	Allows people to accept the love of others. For those who are generous, giving, good listeners, but have trouble acknowledging themselves.

CHAKRA 3 - Solar Plexus continued

Red Grevillea	<p>- ve: stuck, reliant on others, sensitive to criticism + ve: strength to leave bad situations, boldness, indifference to judgment</p>	<p>Not using own resources, need to be true to self. Powerful remedy, brings a deep process thru these issues. Homeopathic for Golden Staph</p>
Rough Bluebell	<p>- ve: manipulative, hurtful, malicious + ve: compassion</p>	<p>Brings awareness of cold anger, resentment, cruelty. Openly or subtly manipulative, put themselves first. To find and express unconditional love.</p>
Southern Cross	<p>- ve: victim mentality, resentful + ve: personal power, consideration</p>	<p>Whinging, irritable, sulky, sullen. Early aging. Feel the world owes them a living. Feel life is against them, expect the worst. Poverty consciousness. Opens to abundance, awareness of others</p>
Spinifex	<p>- ve: skin conditions & related emotions + ve: understand emotional causes of illness</p>	<p>A victim to illness, allows awareness of underlying attitudes & beliefs that cause these emotional states. Herpes, fine cuts, blistering skin diseases of emotional origin.</p>
Sturt Desert Rose	<p>- ve: guilt, regret + ve: personal integrity, learn to follow inner convictions</p>	<p>People who set high standards for themselves, feel inadequate. Paranoid types who feel others are talking about them. Restores self esteem, strength to be true to themselves.</p>

CHAKRA 4 - Heart: love. *Inner state - compassion, love*

Bluebell	- ve : disconnection from feelings, fear of lack, greed + ve : opens the heart to joy	Heart, circulatory problems. Closed off, in their head not heart. Emotionally closed. Brings feelings up to consciousness, allows their expression.
Dagger Hakea	- ve : resentment toward family, friends & lovers + ve : forgiveness	Prickly people with sharp words. Holding grudges. Anger behind a sweet facade. Brings open expression of feelings, resolution of bitterness.
Fringed Violet	- ve : distress, auric damage, old shock & trauma + ve : protects aura, removes distress	Allows release of long held trauma from deep shock, bad news. For slow recovery. Protection for the mentally ill. Sexual abuse: men + flannel flower, women + wisteria
Hibbertia	- ve : rigid, fanatic, excessive self discipline + ve : self acceptance, integration of innate knowledge	Issues of the intellect. Devour information/philosophies. Stiffness of the body, lack flexibility. Pursue knowledge to be superior, but are repressed with hard attitudes.
Illawarra Flame Tree	- ve : sense of rejection, fear of responsibility + ve : self approval, self reliance	Ignore own potential. Feel rejected thus suffer deep hurt. Don't do things to avoid rejection. Leads to denial of the self. Allows commitment, confidence to cope with the responsibility.
Mountain Devil	- ve : hatred, jealousy, holding grudges + ve : unconditional love, forgiveness	Tend to see the ugliness in life because this is what they project. Suspicious, wary, angry. When these feelings are cleared away, a deep sadness may be revealed.
Red Helmet Orchid	- ve : father issues, problems with authority + ve : father child bonding, respect	Rebellious, hotheaded, selfish. Helps fathers bond with their children. Helps men resolve father issues, if he has passed away.
Red Suva Frangipani	- ve : raw, new, grief & emotion + ve : helps transition of a relationship	For the rough patches in relationships; emotional intensity of an ending relationship. For the loss of a loved one. Best used during the experience or in the acute crisis.
Sturt Desert Pea	Powerful remedy - ve : deep hurt + ve : resolves deep pain	Works quickly, even for old pain & past life experience. Allows expression of the emotion and pain. Helps diffuse sad memories of long ago hurts & sorrows.
Tall Mulla Mulla	- ve : avoid conflict, loners, blow with the wind + ve : relaxed & secure with other people	Try to keep the peace, even agreeing to things they don't believe. Thus miss out on emotional growth from personal interactions. Aids blood flow to extremities, circulation.

CHAKRA 5 - Throat: communication, creativity. <i>Inner state - ideas, symbols</i>		
Bauhinia	- ve : rigid, resistant to change + ve : acceptance, embracing new concepts	Aversion to new ideas, travel. Techno fear: computers, mobiles. To break habits (eg. smoking) use with Boronia & Bottlebrush. New diets, lifestyles, people. Hardening diseases (arthritis).
Boronia	- ve : obsessive thoughts, pining, infatuation + ve : brings serenity, clarity of thought	Letting go of the past, habits, habitual thoughts & emotions. Mental chatter. Infatuation, addictions to love. Obsessive/compulsive, schizophrenia. Good for goal setting.
Bush Fuschia	- ve : can't balance logic & intuition, dyslexia + ve : integration of information, develops intuition	Learning difficulties. Left/right brain integration. Accessing intuition. Issues of balance - physical & mental: stroke, hypothalamic, chronic ear infections, giddiness.
Old Man Banksia	- ve : disheartened, weary, slow, heavy + ve : can cope with what life brings	Over caring, family focused, dependable, intuitive, over-worked. Give too much of themselves, disheartened by setbacks. Brings enjoyment, enthusiasm, energy.
Pink Mulla Mulla	- ve : deep spiritual wounds, guarded persona + ve : deep spiritual healing, trust & interaction with people	Self sabotage at deep causal level. Physical stiffness. Feel wronged & hurt. Emotionally prickly to keep others away. Fast acting remedy
Silver Princess	- ve : aimless, despondent + ve : motivation, life's purpose	At a cross-road or drifting, unsure of life's plan or purpose. Can't find a new direction. Feeling flat after achieving a goal. Allows enjoyment of the journey toward a new goal.
Turkey Bush	- ve : creative blocks + ve : inspires creativity	Creativity - brings creative imagination, clears creative blocks, taps into higher self. Instills the need to practice. Illness that can be healed from a creative standpoint.
CHAKRA 6 - Brow: insight, intuition, mind, wisdom. <i>Inner state - perception</i>		
Green Spider Orchid	- ve : past life's phobias, nightmares + ve : brings inner knowing, attunement	Helps those reaching out to new awareness, attunement to other people, plant & animal kingdoms. To comprehend & integrate knowing, & share this appropriately.
Isopogon	- ve : stubborn, controlling, cannot learn from the past + ve : connects heart & head, opens subconscious	Involves the mind. Helps learn from experiences. Helps retrieve memories, open doors to the past. Arrogant, controlling, ambitious - become natural leaders.
Jacaranda	- ve : scattered, unfocussed + ve : decisive, clear minded	Ditherers. Enthusiastic, starting projects, but not finishing them. Not sure of the right decision, vacillate. Accident prone, clumsy. Nervous rashes, pains that move about.
Yellow Cowslip Orchid	- ve : critical, judgmental, intellect cuts off feelings + ve : concern, impartiality, objectivity	Too focused in intellect, cut off from feelings, aloof, cautious. Poor pituitary function; thus memory loss, weakening intellect. Hormonal imbalance from OCP, alternate with Isopogon.

CHAKRA 7 - Crown: spiritual connection.

Alpine Mint Bush	- ve : mental, emotional exhaustion; esp. carers + ve : revitalisation	Tired, weary, disillusioned, wondering "why bother". Works at mental and emotional level. Not for tiredness at end of the day or of physical nature.
Anglesword	- ve : interference with spiritual connection + ve : clears psyche & aura	Clears mischievous or negative energies interfering with spiritual connection. To channel higher insight & communication. To discern true spiritual path.
Bush Iris	- ve : materialism, atheism, fear of death + ve : spiritual insight	Meditation: spiritual & religious practice. Creative visualisation. Helps faith to be strong, helps dying. Materialist, atheist denial of the spiritual.
Gymea Lily	- ve : arrogant, dominating, crave status + ve : humility, appreciation of others, follow the passion	Extroverted, used to getting own way. Attention seeking behaviour, need for status and glamour. Helps find strength, purpose.
Mint Bush	- ve :turmoil of spiritual emergence, confusion, perturbed + ve : smooth spiritual initiation, clarity, calmness, ability to cope	Confusion & turmoil with no sense of options. Coping, moving through the intensity, trials of spiritual initiation. Facing the big questions, tested to the limit.
Slender Rice Flower	- ve : narrow-minded, racist, compares self with others + ve : brings co-operation & group harmony	To see both sides of a question or situation. Release universal understanding. Meetings, conferences, stressful workplaces.
Tall Yellow Top	- ve : alienation, isolation, loneliness + ve : sense of belonging, of being 'home'	Lack of love, connects head and heart. Not belonging to a family, workplace, home, country. Gradual benefit, need to take for a longer time . .

Companion Essences

Autumn Leaves	- ve : eases transition from physical to spiritual realm + ve : letting go in one's last days	Allows one to hear, see and feel communication from the other side. Emphasises the sense of letting go. Allows awareness of help and guidance.
Lichen	- ve : not looking for spiritual light at life's passing + ve : eases transition into light, assists separation between physical & etheric	To look for and go to the light at the moment of physical death. Helps soul to pass through the astral plane quickly.
Green	- ve : emotional distress from intestinal & skin disorders + ve : harmonise the vibration of any yeast mould or parasite to one's own vibration; purifying	To clean the system of yeast, moulds & parasites. Orally; 7 drops before meals, topically; spray/mist Do not use orally & topically at the same time.