

AUSTRALIAN BUSH FLOWER ESSENCES

BANKSIA ROBUR: Disheartened, lethargic, frustrated. Temporary loss of drive and enthusiasm in people who are normally very dynamic.

BAUHINIA: Resistance to change, rigidity, reluctance. For embracing new concepts and ideas.

BILLY GOAT PLUM: Shame, inability to accept the physical self, physical loathing. For feelings of shame, self disgust. For those people who feel uncomfortable about sex and unclean afterwards

BLACK EYED SUSAN: Impatience, over committed, constant striving.

BLUE BELL: Closed heart chakra, fear of lack, greed rigidity, For being cut off from feelings, the emotion is there but held within.

BORONIA: Obsessive thoughts, pining, broken hearted. It also enhances focus for creative visualisation.

BOTTLE BRUSH: Overwhelmed by major life changes. Allows the person to move on. Assists bonding between mother and child.

BUSH FUCHSIA: Improves ones access to intuition and for problem solving. For trusting gut feelings. It will give courage and clarity in public speaking, and the ability to express own convictions.

BUSH GARDENIA: Stale relationships, self interest, unaware. Improves communication & reconnection in any relationship

BUSH IRIS: Fear of death, materialism and atheism. For awakening of spirituality. Clears blocks n base chakra and trust centre.

CROWEA: Continual worrying, a sense of not being quite right. Balancing and centring

DAGGER HAKEA: Resentment, bitterness and grudges.

DOG ROSE: Fearful shy, insecure, niggling fears. The person who droops their shoulders and hides themselves.

FIVE CORNERS: Low self esteem, crushed held in personality, clothing drab and colourless. Lack of confidence and diminished self love.

FLANNEL FLOWER: For people who are uncomfortable with physical contact and touching. Helps one trust and express inner feelings, and brings enjoyment to physical expression.

FRINGED VIOLET: Damage to aura, distress, lack of psychic protection, shock, grief.

GREY SPIDER FLOWER: Terror, fear of supernatural and psychic attack. Panic, nightmares, Restores faith calm, courage.

HIBBERTIA: Fanatical about self. Superiority, driven to acquire knowledge.

ILLAWARRA FLAME TREE: For those who feel rejected or left out. Fear of responsibility

ISOPOGON: Inability to learn from past experience. Stubborn, controlling, for people who live in their heads and separated from their heart knowledge

JACARANDA: Scattered, changeable, dithering, rushing. Sundew deals with dreamers whilst Jacaranda is for those who are always changing their minds and are all over the place.

KANGAROO PAW: for those who are socially inept, clumsy, insensitive because they are focused on themselves.

KAPOK BUSH: Apathy, resignation, discouraged, half hearted. For people who give up easily. Can be helpful in learning new skills.

LITTLE FLANNEL FLOWER: Denial of the child like qualities within. Seriousness in children, grimness in adults. For the expression of playfulness, being care free, and spontaneous joy.

MACROCARPA: Drained, jaded, worn out. Brings about enthusiasm, endurance and inner strength.

MOUNTAIN DEVIL: Hatred, anger, grudges, suspiciousness.

MULLA MULLA: Fear of flames and hot objects, and negative effects of the suns rays.

OLD MAN BANKSIA: Weary, disheartened, frustrated. A bit like Oak. Brings the spark back to people who are heavy and plodding.

PAW PAW: Overwhelmed, unable to resolve problem and burdened by decision. Gives improved access to higher self for problem solving.

PEACH FLOWERED TEA TREE: Mood swings, lack of commitment to follow through projects, easily bored, hypochondriacs. For those with a fear of getting old. Helps develop stability, consistency, drive and commitment.

PHILOTHECA: Inability to accept acknowledgment, excessive generosity. A little like centaur.

RED GREVILLEA: Feeling stuck, oversensitive, affected by criticism and unpleasant people, too reliant on others. Gives boldness to leave unpleasant situations. Promotes independence and less reliant on approval of others.

RED HELMET ORCHID: Helps men to integrate the feminine principle. Unresolved father issues. Rebelliousness, selfishness

RED LILY: Vague, disconnected, daydreaming. Like Clematis.

SHE OAK: Female imbalance. Inability to conceive for non-physical reasons. Goes well with Flannel Flower

SILVER PRINCESS: Aimless, despondent, feeling flat and lack of direction. Brings awareness of life path. (Wild oat)

SLENDER RICE FLOWER: Prejudice, racism, narrow mindedness, comparison with others. Brings in humility, group harmony, cooperation with others and perception of beauty in others.

SOUTHERN CROSS: Victim mentality, martyrs, poverty consciousness. Helps with taking responsibility

SPINFEX: Sense of being victim to an illness, and a cleansing remedy

STURT DESERT PEA: Emotional pain, deep hurt, sadness. Triggers healthy grieving and releases deep sadness.

STURT DESERT ROSE: Guilt, low self-esteem, easily led. Gives courage, conviction, true to self, integrity.

SUNDEW: Vagueness, dreamers Very similar to red lily and clematis.

SUNSHINE WATTLE: Stuck in the past, expectation of a grim future, struggle

TALL YELLOW TOP: Alienation, loneliness, isolation Like Water Violet

TURKEY BUSH: Disbelief in own creative ability, brings creative expression.

WARATAH: Hopelessness, inability to respond in a crisis. The dark night of the soul. Utter despair.

WEDDING BUSH: Difficulty with commitment.

WILD POTATO BUSH: Feeling weighed down and encumbered. For those who burdened by the physical body

WISTERIA: Sexually closed and uncomfortable around sex. Awakening awareness of the feminine side of males.

YELLOW COWSLIP ORCHID: Critical, judgemental, nit-picking