



# A Comprehensive **Guide To** Australian Bush Flower Essences









# **Flower Essences**

**The concept of healing that was shared by such great healers as Hippocrates, Paracelsus, Hahnemann, Bach and Steiner was a simple one. They all believed that good health was the result of emotional, spiritual and mental harmony and found that when they treated their patients' psychological imbalances, their diseases were cured.**

**Disease itself is the physical manifestation of emotional imbalances which predominantly occur when people are not in touch with their Higher Selves. Yet disease is not something to be feared or worried about. Rather, it can be seen as an indication that something in a person's life is out of balance. Consequently, a disease or illness can be seen in quite a positive light, for it can point the person back towards the right path. Each person has a specific life plan or purpose and, once in tune with this and following it, the person's life flows much more easily and successfully.**



**We all have gut feelings, or what some people call an inner knowing, which try to help and guide us. If we choose to ignore this guidance and continue on the wrong path, these intuitions usually become louder and more noticeable until, finally, if we still fail to take notice, we may be, as the Americans say, "hit by a Mack truck", which, translated into Australian, means "run over by a semitrailer".**

**Yet look back at a time in your life when you have been flattened by a semitrailer, metaphorically speaking, and see if, in hindsight, there were not tremendous advantages that flowed on from that event. It probably represented a major turning point in your life.**

**The bush essences work by helping to keep your life running on course, by keeping you aware of and acting on your intuitions so that you don't need to be flattened too regularly by those semitrailers. And if you do experience a crisis, then the bush essences are available to help you work through your feelings and experiences and recover more quickly.**



**The Australian bush flower essence bring forth the positive qualities that reside deep inside every one of us. Their activation allows us to replace fear with courage, hatred with love, insecurity with self-confidence, etc.**

**Bach himself stated it quite wonderfully when he said that the function of flower essences is:**

**To raise our vibrations and open up our channels for the reception of our spiritual self, to flood our natures with the particular virtues and to wash out from us the faults which were causing them. They are able, like beautiful music or any gloriously uplifting thing which gives us inspiration, to raise our very natures and bring us nearer to ourselves and by that very act to bring us peace and relieve our suffering.**



**Though the mechanism of their action has not been entirely proved, a great deal of research has been conducted into flower essences. Richard Gerber MD, in his excellent book Vibrational Medicine, reviews this research and presents his own theories. Gerber clearly shows that emotional and physical illness can be healed by balancing and treating our subtle-energy bodies- the astral, etheric, mental and causal bodies- along with our Higher Spiritual energies. These subtle-energy bodies play a major role in maintaining our good health.**

**According to Gurudas, the author of the book Flower Essences, of the three major forms of vibrational remedies-flower essences, homeopathic remedies and gem elixirs-flower essences are the best and most effective modality to reach and treat the subtle-energy bodies, along with the meridians and physical body. He says that homeopathic remedies generally operate at the physical level and on the bio-magnetic fields of the body. Some of them can affect the chakras and subtle bodies, but not as effectively as flower essences. life force.**



**Gem elixirs act similarly to flower essences but not to the same degree, as they do not have the same potency of life force.**

**Gerber mentions that the term "vibration" is a synonym for frequency, and that the only difference between dense matter, such as an antibiotic or a piece of wood, and subtle matter, such as a flower essence, is the frequency at which they vibrate. Subtle matter vibrates at speeds exceeding the velocity of light. The vibrational medicines that contain high-frequency subtle energies are able to act on the subtle-energy bodies and at the level of the emotional, mental and spiritual vehicles.**

**Gurudas provides an interesting description of how the essences have their effect on the physical and subtle bodies. When an essence is ingested or absorbed through the skin, it is initially assimilated into the bloodstream. Then it settles midway between the circulatory and nervous systems. There, an electromagnetic current is created by the polarity of the two systems.**



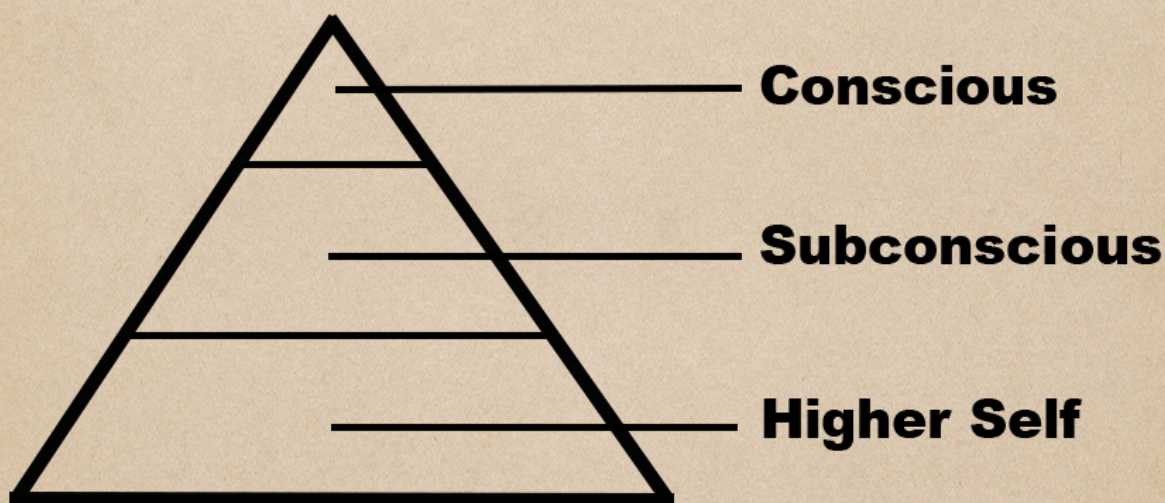
**The essence then moves directly to the meridians, which are vital mechanisms of interface between the subtle bodies and the physical body. From the meridians, the life force of the flower essence is amplified out to the chakras and various subtle bodies and then back again to the physical body. This amplification also magnifies the life force of the essence and aids in its assimilation. The essence reaches the imbalanced parts of the body faster and in a more stable form.**

**Flower essences, claims Gurudas, cleanse the aura and subtle bodies so that the imbalances will stop bringing about ill health. This cleansing occurs instantaneously, but the results take longer to show themselves. The quartz-like crystalline silica structures in the physical body, such as those in the bloodstream, the hair and nails, and in the subtle bodies amplify and transmit the healing energies of the flower essences to their appropriate sites of action, and at the correct frequencies.**



**This whole process is similar to the way radio waves strike a crystal in a radio so that the crystal resonates with the high frequencies, absorbing them and transforming them into audio frequencies which can be heard by the human ear.**

**In addition, the following analogy is useful in explaining and understanding the effects of the flower essences on an individual.**



**This diagram represents the psyche. At the top is the conscious mind, the part that thinks about what to have for lunch today and what you did last weekend, and that is analyzing the very words you are now reading.**







**The conscious mind is full of chatter, and it jumps constantly from one thought to another. Beneath the conscious level resides the subconscious mind. There, many of our beliefs are stored. In fact, the majority of these were formed while we were in the womb and in the first few years of our lives. These beliefs often guide and direct our actions. We are constantly creating situations to reinforce the particular beliefs that we hold. We rarely have a conscious awareness of those beliefs formulated early in our lives or even later.**

**For example, at three years of age a child might have been told repeatedly by a parent or someone close to her that she is really stupid and unable to do anything properly. As she grew older she might have had no conscious memory of what was said to her but, nonetheless, that early message could have been stored as a belief. And that belief could arise frequently during her life. The pattern of her life would then be to create situations that reinforce the belief. For instance, if she got a challenging and responsible job, she would make silly mistakes and possibly lose the job.**



**The frustrating part about the situation is that this person doesn't consciously know why she makes a mess of things and doesn't realize that her failures are caused by her belief that she is stupid and unable to do anything correctly. Observation would reveal that this pattern has occurred throughout her life, in fact, ever since she was three!**

**Other common beliefs are: that no one likes you; that you don't belong, especially if your parents did not plan or want to have you; that you are unattractive, which is often the result of influential people making offhand remarks or constantly belittling a child. A person's belief in their own unattractiveness could have been caused by an adult remarking to the child, "You ugly little blighter," as a rough form of endearment.**

**Obviously the intention of the person who speaks is relevant, but there is also tremendous power in the spoken word itself. Many people give themselves diarrhea because they keep saying that things give them the shits. "You make me sick" and "I'm dying for a cigarette" both have a very literal meaning for the subconscious!**



**How many people do you know who, after their relationships break up, vow never to repeat that mistake again, yet immediately get involved with a more or less identical partner with whom they begin to re-enact the same scenario? The gathering of beliefs in their subconscious minds determines this pattern.**

**The loss of a parent can have a profound effect on a small child. A little girl who has lost her father in an accident may internalize this event into the belief that if you get close to men they will leave you. Later on, when she has relationships with men, they either lose interest in her, leave her for someone else, or head off overseas. She attracts men who will reinforce her belief by leaving her.**

**There are many ways in which negative beliefs can originate. However, it is now possible for people to liberate themselves from self-destructive behavior patterns by releasing their negative beliefs. This will not only benefit them but will also set their children free from an often self-perpetuating cycle.**



**The above are just a few examples of negative beliefs, their causes and effects. Of course, there are also positive beliefs present in the subconscious.**

**Parents have a wonderful opportunity-and responsibility-to help develop these in their children. Finally, the bottom section of the diagram represents the superconscious mind or Higher Self, whichever term you feel comfortable with. Here are the positive qualities inherent in us all-love, courage, trust and faith; the solutions to all our problems; and an understanding of our life plan and purpose. This part of the mind produces our gut feelings and our inspiration.**

**The Australian Bush Flower Essences work in a similar way to meditation in that they not only resolve negative beliefs, but also make those positive qualities within us come flooding through to our conscious minds.**



**These powerful remedies work in a multitude of ways to help us let go of negative beliefs and emotions and replace these with the positive aspects of ourselves. People and events can suddenly crop up to help us move on to a new level of understanding. This may be further accentuated once we are no longer held back by our negative beliefs.**

**A person can be viewed as having a number of emotional layers, and the bush essences help to work through those layers of emotional blocks. The essences are self-adjusting, which means that they are effective only up to the point that people are ready to go. They also operate as gentle catalysts, taking people to that point and then helping them chip away at the next layer, too. Moreover, they are totally safe and without side effects. Of course, the more self-awareness people develop through personal growth practices, meditation and a willingness to explore and confront their feelings, the faster the remedies will work.**

**The beauty of the essences is that anyone can use them as they are entirely safe and without side effects.**



**You do not need years of medical training to be able to understand their properties and recommend them. Both the professional healer and those who want to use the remedies either on themselves or on their friends and families will be able to choose the most appropriate essences easily and quickly.**

**The Australian bush flower essences are as effective when taken by children and animals as they are for adults. In fact<sup>1</sup> the essences work exceptionally quickly on children as they have built up less negativity and fewer emotional barriers and are more in touch with their feelings. The dosage for animals and children is the same as that for adults. The results achieved with young children and animals discount the possibility that the benefits of taking bush essences are due to the placebo effect.**

**The remedies are best taken singly in most cases, either as a single essence or in combination if the essences are all addressing the same theme, as then you will have a finer, longer-lasting effect.**



**Then they will work from the outer bodies inward to the physical. When a combination of two or more is used, addressing separate issues, they may have a slower effect. However, in crisis situations, combinations of up to seven remedies can be used, though we normally suggest a maximum of four ( or occasionally five).**



# Australian Bush Flower Essences and Their Qualities









# **Australian Bush Flower Essences Emergency Essence**

## **Description**

**This the most popular of all the essences in the Australian Bush Flower range. It aims to help you to cope better during times of extreme stress or during a personal crisis. It can provide comfort, courage and reassurance when one is struggling with panic, fear and emotional upset. This flower remedy can even provide temporary comfort for severely stressed or panicked people who are awaiting medical care.**

## **Directions**

**Take 7 drops under the tongue, every hour or more frequently if needed, until the person feels better.**

## **INGREDIENTS**

**Essences of Angelsword, Crowea, Dog Rose of the Wild Forces, Fringed Violet, Grey Spider Flower, Sundew and Waratah, Purified Water, Natural Preservative: Brandy.**



## **Negative Condition**

**Panic**

**Distress**

**Fear**

## **Positive Outcome**

**Ability to cope**

**Comfort, reassurance and courage**

**Excellent for any emotional upset. It has a calming effect during a crisis. If a person needs specialized medical help, this Essence will provide comfort until treatment is available. Administer this remedy every hour or more frequently if necessary, until the person feels better.**







# **Calm and Clear Essence**

## **Description**

**Black-Eyed Susan, Bottlebrush, Boronia, Crowea, Bush Fuchsia, Jacaranda, Little Flannel Flower & Paw Paw.**

## **Directions**

**Add 7 drops of the essence under the tongue on a daily basis.**

## **Ingredients**

**Black-Eyed Susan, Bottlebrush, Boronia, Crowea, Bush Fuchsia, Jacaranda, Little Flannel Flower & Paw Paw.**



## **Negative Condition:**

**Always over committed**

**No time for self**

**Impatience**

**Rushing**

**Worry**

## **Positive Outcome**

**Encourages own time and space**

**Wind down**

**Relax and have fun**

**Clarity**

**Calmness and peace**

**Helps to find time for one's self, to relax without external pressures & demands, to wind down and enjoy relaxing pursuits.**



# Meet the Flowers that are in this essence





# Meet the Flowers that are in this essence









# **Cognis Essence**

## **Description**

**This essence is designed to aid achieving clarity and focus with reading, writing, work or study and more. It can help to eliminate feelings of confusion and reduce day-dreaming thus improving problem-solving and analytical abilities. This natural flower remedy aims to balance your emotional and psychological processes, allowing you to develop ideas and process information quickly and more effectively.**

## **Directions**

**Drop 7 drops of the Cognis Essence under the tongue.**

## **Ingredients**

**Essences of Bush Fuchsia, Isopogon, Jacaranda, Paw Paw and Sundew, Purified Water, Natural preservative - Brandy.**



## **Negative Condition:**

**Daydreaming**

**Confusion**

**Overwhelm**

## **Positive Outcome**

**Assimilates ideas**

**Clarity and focus**

**Enhances all learning abilities and skills**

**Gives clarity and focus when working, speaking, reading or studying. It balances the intuitive and cognitive processes and helps integrate ideas and information.**

**It assists problem solving by improving access to the Higher Self, which stores all past knowledge and experiences.**



# Meet the Flowers that are in this essence









## **Emergency essence Cream**

**This daily moisturizer 50ml organic skincare is recommended for times of emotional turbulence when your skin and complexion are not looking their best.**

**Emergency moisturizer has been formulated as a profoundly skin soothing organic cream to nurture, balance the skin and provide rich moisturization for skin requiring an intensive skincare beauty treatment.**

**Excellent to reduce the appearance of fine lines and wrinkles.**

**An excellent moisturizer for times of pressure, emotional turbulence, sadness, grief and life's big and little emergencies.**

**Apply sparingly to your beautiful face, hands or body as required with a gentle pressing motion that ensures even absorption into the skin.**

**For intensive skincare beauty treatment**







# **Confid Essence**

## **Description**

**Confid Essence may help to boost your self-esteem and self-confidence. Many people can experience shyness, embarrassment, discomfort and negativity around groups of people. This flower remedy aims to boost one's confidence and conviction in such situations, making us feel at ease around people. It may also help with feelings of guilt or torment about past actions or situations and provide the power and desire to move on and change. It may also help with acquiring the ability to take responsibility for our actions and boost integrity.**

## **Directions**

**7 drops of the Confid Essence taken under the tongue daily.**

## **Ingredients**

**Essences of Boab, Dog Rose, Five Corners, Southern Cross and Sturt Desert Rose, Purified Water and Brandy as a Natural Preservative.**



## **Negative Condition:**

**Low self esteem**

**Guilt**

**Shyness**

**Lack of conviction**

**Victim mentality**

## **Positive Outcome**

**Taking responsibility for one's life**

**Integrity**

**Confidence**

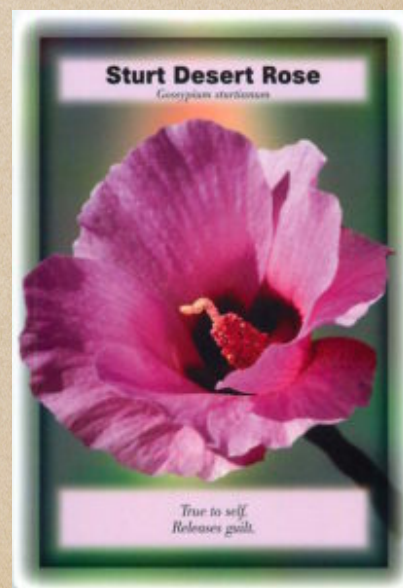
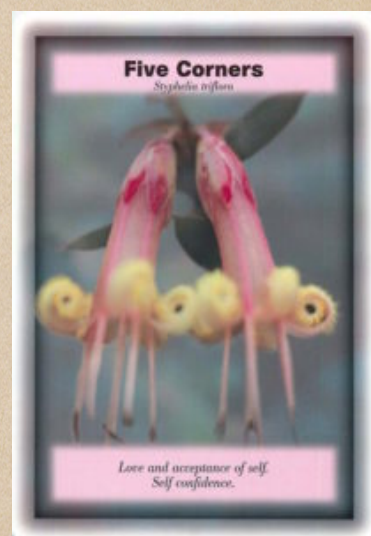
**Personal power**

**True to one's self**

**Brings out the positive qualities of self esteem and confidence. It allows us to feel comfortable around other people and resolve negative beliefs we may hold about ourselves as well as any guilt we may harbor from past actions. This combination also helps us to take responsibility for situations and events that occur in our lives and realize that we have the ability and power not only to change those events, but also to create those we want.**



# Meet the Flowers that are in this essence





# **Australian Bush Flower Essences**

**For further information on our large range of evolving formulas, including the White Light CD and our book Pregnancy, Labor, Children and Parent range of essences feel free to contact us.**

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