

INTRODUCING OUR ESSENCES

EVERYTHING IN EXISTENCE has a unique vibrational rate, including ourselves, and vibrational imbalance affects the quality of our lives in many ways. Use the following guide to select the right essence remedy for you, your family and those you care for.

These unique formulations have been blended using Australian Bush Flower Essences with rare remedial qualities, ecologically gathered in unpolluted, pristine wilderness regions of the vast Australian landscape.

The history of Flower Essences can be traced back many thousands of years with many cultures using Flower Essences to bring about emotional health and wellbeing. We are once again beginning to understand that emotional wellbeing is a major component of one's good health. Flower Essences have been described as vibrational medicine and the Australian Bush Flower Essences professional range is used all over the world to help manage the emotional demands of everyday life. Flower Essences can be used by the whole family including your pets – they are pure and natural.

Ian White, a fifth generation Australia herbalist and founder of the Australian Bush Flower Essences has been a pioneer researching the unique healing qualities of the Australian Bush for over 35 years. As a keynote speaker, Ian now travels the world presenting seminars on the Bush Essences to health care professionals and the public. Ian is a regular contributor to many healthcare journals, radio and television programs and is the author of 5 books.

If you would like more information or are interested in any of our workshops or webinars, please contact us at www.ausflowers.com.au or phone +61 2 9450 1388.



Single Essences

DROPS

A range of 69 Essences that can be used individually or combined to treat any specific issue. Use the reference chart on the following pages as a selection guide or discuss the options with your natural health care practitioner.

DROPS

A range of 17 Essences formulated for specific application to assist with the whole family's emotional care and wellbeing. The easy to use reference guide on the back page will help make the right choice for you and the unique dropper bottle makes application easy – simply take 7 drops under the tongue or in a glass of water morning and night.

SKIN & SPACE MISTS

Specially formulated pure botanical organic Essences are applied in a gentle mist to refresh, renew and revitalise the emotions, skin, body, mind and psyche. Rehydrate, tone and clarify your skin prior to the application of our beautiful creams, or use as a room mist to change the energy of your personal space. These 6 unique blends are formulated for use whilst travelling, at home, at work or with friends and loved ones.

ORAL SPRAYS

The oral spray range includes Emergency, Woman, Calm & Clear, Body Beautiful, Cognis, Confid, Dynamis and Travel remedies. Prepared with great care and respect using the most exquisite, natural ingredients on earth. They come in a handy pocket or purse size for fast acting convenience. Just 2 sprays in the mouth, anytime, anywhere.

CREAMS

Exquisite blends of pure botanical organic Essence creams formulated for emotional care and wellbeing are available in 5 combinations for everyday use. These deeply nurturing, moisturising creams are ideal for dry, flaking and sensitive skin conditions and can be used on all skin types, encouraging natural skin wellness and beauty.



Single Essences

1. Alpine Mint Bush

- ⊖ Mental and emotional exhaustion; lack of joy and weight of responsibility of care givers.
- ⊕ Revitalisation; joy; renewal.

2. Angelsword

- ⊖ Interference with true spiritual connection to Higher Self; spiritually possessed; spiritual confusion.
- ⊕ Spiritual discernment; accessing gifts from past lifetimes; release of negatively held psychic energies; clear spiritual communication.

3. Banksia Robur

- ⊖ Disheartened; lethargic; frustrated.
- ⊕ Enjoyment of life; enthusiasm; interest in life.

4. Bauhinia

- ⊖ Resistance to change; rigidity; reluctance.
- ⊕ Acceptance; open mindedness.

5. Billy Goat Plum

- ⊖ Shame; inability to accept the physical self; physical loathing.
- ⊕ Sexual pleasure and enjoyment; acceptance of self and one's physical body; openmindedness.

6. Black-eyed Susan

- ⊖ Impatience; 'on the go'; over committed; constant striving.
- ⊕ Ability to turn inward and be still; slowing down; inner peace.

7. Bluebell

- ⊖ Closed; fear of lack; greed; rigidity.
- ⊕ Opens the heart; belief in abundance; universal trust; joyful sharing; unconditional love.

8. Boab

- ⊖ Enmeshment in negative family patterns; for recipients of emotional abuse and prejudice.
- ⊕ Personal freedom by releasing family patterns; clearing of other, non-family, negative Karmic connections.

9. Boronia

- ⊖ Obsessive thoughts; pining; broken hearted.
- ⊕ Clarity; serenity; creative visualisation.

10. Bottlebrush

- ⊖ Unresolved mother issues; overwhelmed by major life changes - old age, adolescence, parenthood, pregnancy, approaching death.
- ⊕ Serenity and calm; ability to cope and move on; mother-child bonding.

11. Bush Fuchsia

- ⊖ Switched off; nervousness about public speaking; ignoring 'gut' feelings; clumsy.
- ⊕ Courage to speak out; clarity; in touch with intuition; integration of information; integration of male and female aspects.

12. Bush Gardenia

- ⊖ Stale relationships; self interest; unaware.
- ⊕ Passion; renews interest in partner; improves communication.

13. Bush Iris

- ⊖ Fear of death; materialism; atheism; physical excess; avarice.
- ⊕ Awakening of spirituality; acceptance of death as a transition state; clearing blocks in the base chakra and trust centre.

14. Christmas Bell

- ⊖ Lack of abundance; sense of lack; poor stewardship of one's possessions.
- ⊕ Helps one to manifest their desired outcomes; assists one with mastery of the physical plane.

15. Crowea

- ⊖ Continual worrying; a sense of being 'not quite right'.
- ⊕ Peace and calm; balances and centres the individual; clarity of one's feelings.

16. Dagger Hakea

- ⊖ Resentment; bitterness towards close family, friends, lovers.
- ⊕ Forgiveness; open expression of feelings.

17. Dog Rose

- ⊖ Fearful; shy; insecure; apprehensive with other people; niggling fears.
- ⊕ Confidence; belief in self; courage; ability to embrace life more fully.

18. Dog Rose of the Wild Forces

- ⊖ Fear of losing control; hysteria; pain with no apparent cause.
- ⊕ Calm and centred in times of inner and outer turmoil; emotional balance.

19. Five Corners

- ⊖ Low self esteem; dislike of self; crushed, held-in personality; clothing drab and colourless.
- ⊕ Love and acceptance of self; celebration of own beauty; joyousness.

20. Flannel Flower

- ⊖ Dislike of being touched; lack of sensitivity in males; uncomfortable with intimacy.
- ⊕ Gentleness and sensitivity in touching; trust; openness; expression of feelings; joy in physical activity.

21. Freshwater Mangrove

- ⊖ Heart closed due to expectations or prejudices which have been taught, not personally experienced.
- ⊕ Openness to new experiences, people and perceptual shifts; healthy questioning of traditional standards and beliefs.

22. Fringed Violet

- ⊖ Damage to aura; distress; lack of psychic protection.
- ⊕ Removal of effects of recent or old distressing events; heals damage to aura; psychic protection.

23. Green Spider Orchid

- ⊖ Nightmares and phobias from past life experiences; intense negative reactions to the sight of blood.
- ⊕ Telepathic communication; ability to withhold information until timing is appropriate; attunement.

24. Grey Spider Flower

- ⊖ Terror; fear of supernatural and psychic attack.
- ⊕ Faith; calm; courage.

25. Gynea Lily

- ⊖ Arrogant; attention seeking; craving status and glamour; dominating and over-riding personality.
- ⊕ Humility; allowing others to express themselves and contribute; awareness, appreciation and taking notice of others.

26. Hibbertia

- ⊖ Fanatical about self improvement; driven to acquire knowledge; excessive self discipline; superiority.
- ⊕ Content with own knowledge; acceptance; ownership and utilisation of own knowledge.

27. Illawarra Flame Tree

- ⊖ Overwhelming sense of rejection; fear of responsibility.
- ⊕ Confidence; commitment; self reliance; self approval.

28. Isopogon

- ⊖ Inability to learn from past experience; stubborn; controlling personality.
- ⊕ Ability to learn from past experience; retrieval of forgotten skills; relating without manipulating or controlling; ability to remember the past.

29. Jacaranda

- ⊖ Scattered; changeable; dithering; rushing.
- ⊕ Decisiveness; quick thinking; centred.

30. Kangaroo Paw

- ⊖ Gauche; unaware; insensitive; inept; clumsy.
- ⊕ Kindness; sensitivity; savoir faire; enjoyment of people; relaxed.

31. Kapok Bush

- ⊖ Apathy; resignation; discouraged; half hearted.
- ⊕ Willingness; application; 'give it a go'; persistence; perception.

32. Little Flannel Flower

- ⊖ Denial of the 'child' within; seriousness in children; grimness in adults.
- ⊕ Care free; playfulness; joyful.

33. Macrocarpa

- ⊖ Drained; jaded; worn out.
- ⊕ Enthusiasm; inner strength; endurance.

34. Mint Bush

- ⊖ Perturbation; confusion; spiritual emergence; initial turmoil and void of spiritual initiation.
- ⊕ Smooth spiritual initiation; clarity; calmness; ability to cope.

35. Monga Waratah

- ⊖ Neediness; co-dependency; inability to do things alone; disempowerment; addictive personality.
- ⊕ Strengthening of one's will; reclaiming of one's spirit; belief that one can break the dependency of any behaviour, substance or person; self empowerment.

36. Mountain Devil

- ⊖ Hatred; anger; holding grudges; suspiciousness.
- ⊕ Unconditional love; happiness; healthy boundaries; forgiveness.

37. Mulla Mulla

- ⊖ Fear of flames and hot objects; emotional effects associated with exposure to heat and sun.
- ⊕ Reduces the emotional effects of fire and sun; feeling comfortable with fire and heat.

38. Old Man Banksia

- ⊖ Weary; phlegmatic personalities; disheartened; frustrated.
- ⊕ Enjoyment of life; renews enthusiasm; interest in life.

39. Paw Paw

- ⊖ Overwhelm; unable to resolve problems; burdened by decision.
- ⊕ Improved access to Higher Self for problem solving; assimilation of new ideas; calmness; clarity.

40. Peach-flowered Tea-tree

- ⊖ Mood swings; lack of commitment to follow through projects; easily bored; hypochondriacs.
- ⊕ Ability to complete projects; personal stability; take responsibility for one's health.

41. Philotheca

- ⊖ Inability to accept acknowledgement; excessive generosity.
- ⊕ Ability to receive love and acknowledgement; ability to let in praise.

42. Pink Flannel Flower

- ☹ *Feeling of life being dull and flat; lacking joy or appreciation for the every day aspects of life.*
- ⊕ *Gratitude; joie de vivre; keeping one's heart chakra open; appreciation.*

43. Pink Mulla Mulla

- ☹ *Deep ancient wound on the psyche; an outer guarded and prickly persona to prevent being hurt; keeps people at a distance.*
- ⊕ *Deep spiritual healing; trusting and opening up.*

44. Red Grevillea

- ☹ *Feeling stuck; oversensitive; affected by criticism and unpleasant people; too reliant on others.*
- ⊕ *Boldness; strength to leave unpleasant situations; indifference to the judgement of others.*

45. Red Helmet Orchid

- ☹ *Rebelliousness; hot-headed; unresolved father issues; selfishness.*
- ⊕ *Male bonding; sensitivity; respect; consideration.*

46. Red Lily

- ☹ *Vague; disconnected; split; lack of focus; daydreaming.*
- ⊕ *Grounded; focused; living in the present; connection with life and God.*

47. Red Suva Frangipani

- ☹ *Initial grief, sadness and upset of either a relationship at rock bottom or of the death of a loved one; emotional upheaval, turmoil and rawness.*
- ⊕ *Feeling calm and nurtured; inner peace and strength to cope.*

48. Rough Bluebell

- ☹ *Deliberately hurtful, manipulative, exploitive or malicious.*
- ⊕ *Compassion; release of one's inherent love vibration; sensitivity.*

49. She Oak

- ☹ *Female imbalance; inability to conceive for non-physical reasons.*
- ⊕ *Emotionally open to conceive; female balance.*

50. Silver Princess

- ☹ *Aimless; despondent; feeling flat; lack of direction.*
- ⊕ *Motivation; direction; life purpose.*

51. Slender Rice Flower

- ☹ *Prejudice; racism; narrow mindedness; comparison with others.*
- ⊕ *Humility; group harmony; co-operation; perception of beauty in others.*

52. Southern Cross

- ☹ *Victim mentality; complaining; bitter; martyrs; poverty consciousness.*
- ⊕ *Personal power; taking responsibility; positiveness.*

53. Spinifex

- ☹ *Sense of being a victim to illness.*
- ⊕ *Empowers one through emotional understanding of illness.*

54. Sturt Desert Pea

- ☹ *Emotional pain; deep hurt; sadness.*
- ⊕ *Letting go; triggers healthy grieving; releases deep held grief and sadness.*

55. Sturt Desert Rose

- ☹ *Guilt; regret and remorse; low self esteem; easily led.*
- ⊕ *Courage; conviction; true to self; integrity.*

56. Sundew

- ☹ *Vagueness; disconnectedness; split; indecisive; lack of focus; daydreaming.*
- ⊕ *Attention to detail; grounded; focused; living in the present.*

57. Sunshine Wattle

- ☹ *Stuck in the past; expectation of a grim future; struggle.*
- ⊕ *Optimism; acceptance of the beauty and joy in the present; open to a bright future.*

58. Sydney Rose

- ☹ *Feeling separated, deserted, unloved or morbid.*
- ⊕ *Realising we are all one; feeling safe and at peace; heartfelt compassion; sense of unity.*

59. Tall Mulla Mulla

- ☹ *Ill at ease; sometimes fearful of circulating and mixing with others; loner; distressed by and avoids confrontation.*
- ⊕ *Feeling relaxed and secure with other people; encourages social interaction.*

60. Tall Yellow Top

- ☹ *Alienation; loneliness; isolation.*
- ⊕ *Sense of belonging; acceptance of self and others; knowing that you are 'home'; ability to reach out.*

61. Turkey Bush

- ☹ *Creative block; disbelief in own creative ability.*
- ⊕ *Inspired creativity; creative expression; focus; renews artistic confidence.*

62. Waratah

- ☹ *Despair; hopelessness; inability to respond to a crisis.*
- ⊕ *Courage; tenacity; adaptability; strong faith; enhancement of survival skills.*

63. Wedding Bush

- ☹ *Difficulty with commitment.*
- ⊕ *Commitment to relationships; commitment to goals; dedication to life purpose.*

64. Wild Potato Bush

- ☹ *Weighed down; feeling encumbered.*
- ⊕ *Ability to move on in life; freedom; renews enthusiasm.*

65. Wisteria

- ☹ *Feeling uncomfortable with sex; closed sexually; macho male.*
- ⊕ *Sexual enjoyment; enhanced sensuality; sexual openness; gentleness.*

66. Yellow Cowslip Orchid

- ☹ *Critical; judgemental; bureaucratic; nit picking.*
- ⊕ *Humanitarian concern; impartiality-stepping back from emotions; constructive; a keener sense of arbitration.*

Companion Essences

67. Autumn Leaves

- ☹ *Difficulties in the transition of passing over from the physical plane to the spiritual world.*
- ⊕ *Letting go and moving on; increase awareness and communication with the loved ones in the spiritual world.*

68. Green Essence

- ☹ *Emotional distress associated with intestinal and skin disorders.*
- ⊕ *Harmonises the vibration of any yeast, mould or parasite to one's own vibration; purifying.*

69. Lichen

- ☹ *Not knowing to look for and move into the Light when passing over; earth bound in the astral plane.*
- ⊕ *Eases one's transition into the Light; assists separation between the physical and the etheric bodies; releases earth bound energies.*

Remedy Essences

💧 DROPS ✨ ORAL SPRAY ≈ MIST 🌀 CREAM

Emergency Essence 💧 ✨ ≈ 🌀

- ☹ *Panic, distress, fear.*
- ⊕ *Ability to cope, gives comfort, reassurance and courage.*

Helps ease distress, fear, panic, etc. If a person needs specialised 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. It can also be applied topically.

CONTAINS: Angelsword, Crowea, Dog Rose of the Wild Forces, Fringed Violet, Grey Spider Flower, Sundew, Waratah. Moisturisers, mists and oral sprays include Slender Rice Flower, Spinifex.

Abund Essence 💧

- ☹ *Pessimistic, closed to receiving, fear of lack, poverty consciousness.*
- ⊕ *Joyful sharing, belief in abundance, clears sabotage, universal trust.*

Releases negative beliefs, family patterns, sabotage and fear of lack. In so doing it allows you to be open to fully receiving great riches on all levels, not just financial.

CONTAINS: Bluebell, Boab, Christmas Bell, Five Corners, Philotheca, Pink Flannel Flower, Southern Cross, Sunshine Wattle.

Adol Essence 💧

- ☹ *Hopelessness, insensitivity, sense of not belonging, 'it's not fair' attitude, rebellious, anger.*
- ⊕ *Coping with change, consideration of others, enhances communication and self esteem.*

Addresses the major issues teenagers commonly experience. It enhances acceptance of self, communication, social skills, harmony in relationships, maturity, emotional stability and optimism.

CONTAINS: Billy Goat Plum, Boab, Bottlebrush, Dagger Hakea, Five Corners, Flannel Flower, Kangaroo Paw, Red Helmet Orchid, Southern Cross, Sunshine Wattle, Tall Yellow Top.

Body Beautiful Essence ✨ 🌀

- ☹ *Dislike of physical self, body, skin texture & touch.*
- ⊕ *Acceptance of physical body, love & nurturing of self.*

Encourages acceptance of physical body, love & nurturing of self, feel – touch & self massage. Helps to deal with the dislike and non-acceptance of body, skin texture & touch.

CONTAINS: (MOISTURISER): Billy Goat Plum, Five Corners, Flannel Flower, Little Flannel Flower, Mulla Mulla, She Oak, Wisteria. (oral spray): Mulla Mulla and She Oak replaced by Philotheca, Pink Flannel Flower.

Boost Essence 💧

- ☹ *Overwhelmed by change, deep sadness and grief, concern, feeling "out of sorts", overly sensitive to others or to the negative energies of situations or environments.*
- ⊕ *Resilience, calm & balanced, feeling safe and reassured, coping with change, grounded, courage.*

This essence has been specifically formulated to support and boost you through these changing and challenging times in dealing with the global pandemic crisis.

CONTAINS: Bottlebrush, Bush Iris, Crowea, Dog Rose, Fringed Violet, Illawarra Flame Tree, Sturt Desert Pea, Sundew.

Calm & Clear Essence 💧 ✨ ≈ 🌀

- ☹ *Always over committed, no time for self, always last priority.*
- ⊕ *Encourages own time & space, healthy contemplation & relaxation.*

Encourages the time & space for relaxation, to unwind, contemplation of one's self, to enjoy relaxing pursuits. Helps with the inability to find time for one's self, to relax without external pressures & demands, to wind down and enjoy relaxing pursuits.

CONTAINS: Black-eyed Susan, Bottlebrush, Boronia, Bush Fuchsia, Crowea, Jacaranda, Little Flannel Flower, Paw Paw.

Remedy Essences

Carers Essence

- ⊖ *Overwhelm, worn out, burdened by responsibility, concern.*
- ⊕ *Feeling calm, revitalisation, looking after self, renewal, inner strength.*

Supports the caregiver to feel their inner strength and their resilience when they are feeling overwhelmed, worn out, or burdened by the responsibility of looking after another. The Carers Essence helps one to feel calm, optimistic, able to cope, and also pay heed to and look after their own needs.

CONTAINS: Alpine Mint Bush, Crowea, Fringed Violet, Green Spider Orchid, Macrocarpa, Paw Paw and Sunshine Wattle.

Cognis Essence

- ⊖ *Daydreaming, confusion, overwhelm.*
- ⊕ *Clarity and focus.*

Gives focus and clarity when speaking, singing, reading or studying. It assists problem solving by improving access to the Higher Self, which stores all past knowledge and experiences. It balances the intuitive and cognitive processes and helps integrate ideas and information.

CONTAINS: Bush Fuchsia, Isopogon, Jacaranda, Paw Paw, Sundew.

Confid Essence

- ⊖ *Low self esteem, guilt, shyness, lack of conviction, victim mentality.*
- ⊕ *Confidence, integrity, taking responsibility for one's life, personal power, true to oneself.*

Brings out the positive qualities of self esteem and confidence. It allows us to feel comfortable around other people and be true to ourselves. It resolves negative subconscious beliefs we may hold about ourselves as well as any guilt we may harbour from past actions.

CONTAINS: Boab, Dog Rose, Five Corners, Southern Cross, Sturt Desert Rose.

Creative Essence

- ⊖ *Creative blocks and inhibitions.*
- ⊕ *Enhances singing, creative expression, clarity of voice, public speaking.*

Frees your voice and opens your heart. Inspires creative and emotional expression in a gentle and calm way and gives courage and clarity in public speaking and singing.

CONTAINS: Bush Fuchsia, Crowea, Five Corners, Flannel Flower, Red Grevillea, Tall Mulla Mulla, Turkey Bush.

Dynamis Essence

- ⊖ *Temporary loss of drive, enthusiasm and excitement.*
- ⊕ *Renews passion and enthusiasm for life, centres and harmonises your vital forces.*

Renews enthusiasm and joy for life. It is for those who feel 'not quite right', drained, jaded, disheartened or burdened by their physical body. It also helps with feelings of physical restriction and limitation.

CONTAINS: Banksia Robur, Crowea, Illawarra Flame Tree, Macrocarpa, Old Man Banksia, Yellow Cowslip Orchid.

Electro Essence

- ⊖ *Feeling drained and flat, out of balance with earth rhythms.*
- ⊕ *Reduces emotional effects of radiation.*

Greatly relieves emotional fear and distress associated with earth, electrical and electromagnetic radiation. It helps to bring one into balance with the natural rhythms of the earth.

CONTAINS: Bush Fuchsia, Crowea, Fringed Violet, Mulla Mulla, Paw Paw, Waratah

Meditation Essence

- ⊖ *Psychic attack, damaged aura, tense and uptight, psychically drained.*
- ⊕ *Awaken spirituality, enhanced intuition, inner guidance, access Higher Self, deeper meditation.*

Awakens one's spirituality and allows one to go deeper into any religious or spiritual practice. Enhances access to the Higher Self whilst providing psychic protection and healing of the aura. Highly recommended for anyone practising meditation.

CONTAINS: Angelsword, Boronia, Bush Fuchsia, Bush Iris, Fringed Violet, Green Spider Orchid, Red Lily.

Men's Essence

- ⊖ *Father issues, couch potato, deep held sense of grief and sadness, always on the go and rushing, being overly critical and judgmental.*
- ⊕ *Male bonding, physically active, communicating ones feelings, fun and sense of humor, opening your heart, breaking old stereotypes.*

For men always on the go, off and rushing which can lead to impatience and irritability. Releases deep-held grief and sadness. Finding and expressing one's feelings.

CONTAINS: Black-eyed Susan, Bluebell, Boab, Flannel Flower, Little Flannel Flower, Red Helmet Orchid, Sturt Desert Pea and Yellow Cowslip Orchid.

Purifying Essence

- ⊖ *Emotional waste, feeling encumbered, emotional baggage.*
- ⊕ *Sense of release and relief, spring cleaned.*

To release and clear emotional waste and residual by-products, to clear built-up emotional baggage.

CONTAINS: Bauhinia, Bottlebrush, Bush Iris, Dagger Hakea, Dog Rose, Wild Potato Bush.

Relationship Essence

- ⊖ *Confusion, resentment, emotional pain and turmoil, blocked emotions, inability to relate.*
- ⊕ *Expressing feelings, communication, forgiveness, breaks family conditioning, renews interest.*

Enhances the quality of all relationships, especially intimate ones. Clears and releases resentment, blocked emotions and the confusion, emotional pain and turmoil of a rocky relationship. Helps one verbalise, express feelings and improve communication. Breaks the early family conditioning and patterns which affect us in our current adult relationships. For intimate relationships a perfect remedy to follow this combination is Sexuality Essence.

CONTAINS: Bluebell, Boab, Bottlebrush, Bush Gardenia, Dagger Hakea, Flannel Flower, Mint Bush, Red Helmet Orchid, Red Suva Frangipani, Wedding Bush.

Sensuality Essence

- ⊖ *Fear of emotional & physical intimacy.*
- ⊕ *Encourages intimacy, passion & sensual fulfilment.*

Encourages the ability to enjoy physical and emotional intimacy, passion and sensual fulfilment.

CONTAINS: Bush Gardenia, Billy Goat Plum, Flannel Flower, Little Flannel Flower, Macrocarpa, Wisteria.

Sexuality Essence

- ⊖ *Shame, uptight about sexuality, fear of intimacy, lack of sensitivity.*
- ⊕ *Renews passion, sensuality, enjoy touch and intimacy, self acceptance, fulfilment.*

It allows one to feel comfortable with and to fully accept one's body. It enables the individual to be open to sensuality and touch and to enjoy physical and emotional intimacy. It is helpful for releasing emotional shame. Sexuality Essence renews passion and interest in relationships.

CONTAINS: Billy Goat Plum, Bush Gardenia, Flannel Flower, Fringed Violet, Little Flannel Flower, Sturt Desert Rose, Wisteria.

Solaris Essence

- ⊖ *Emotional fear and distress associated with fire.*
- ⊕ *Greatly relieves the emotional effects of heat, fire and sun.*

Relieves the emotional fear and distress associated with heat, fire and sun.

CONTAINS: Mulla Mulla, She Oak, Spinifex.

Space Clearing Essence

- ⊖ *Negative mental, emotional & psychic energies.*
- ⊕ *Clears negative environments, creates safe harmonious environments.*

Creates sacred, safe and harmonious environments. Clears and releases environments with built up negative emotional, mental and psychic energies. Great for clearing tense situations and environments and restoring balance.

CONTAINS: Angelsword, Boab, Fringed Violet, Lichen, Red Lily.

Transition Essence

- ⊖ *Feeling stuck, lack of direction, fear of death, fear of unknown, non acceptance.*
- ⊕ *Acceptance of change, serenity, eases fear of death, passing over in peace.*

This combination helps one to cope and move through any major life change. It brings about an awareness of one's life direction especially for people who are at a crossroad. Alternatively, those who know what they want but do not know how to achieve it will benefit from this combination. It also eases the fear of death as well as helping one come to terms with it. This remedy, consequently, allows one to easily and gently pass over with calmness, dignity and serenity.

CONTAINS: Autumn Leaves, Bauhinia, Bottlebrush, Bush Iris, Lichen, Mint Bush, Red Grevillea, Silver Princess.

Travel Essence

- ⊖ *Personally depleted and drained, disorientation.*
- ⊕ *Centres, refreshes, maintains sense of personal space.*

Beneficial for emotional distress associated with all forms of travel, although it particularly addresses the problems encountered with jet travel. It enables a person to arrive at their destination feeling balanced and ready to go.

CONTAINS: Banksia Robur, Bottlebrush, Bush Fuchsia, Bush Iris, Crowea, Fringed Violet, Macrocarpa, Mulla Mulla, Paw Paw, Red Lily, She Oak, Silver Princess, Sundew, Tall Mulla Mulla.

Woman Essence

- ⊖ *Mood swings, weary, physical dislike.*
- ⊕ *Female life cycle balance, calm and stable, coping with change.*

To encourage a woman's own innate strength and beauty through life's emotional cycles and seasons of change. Remaining calm & stable, discovering & feeling good about self, beauty and body whilst coping with change. Harmonises any emotional imbalances through puberty, menstruation, pregnancy and menopause.

CONTAINS: Billy Goat Plum, Bottlebrush, Bush Fuchsia, Crowea, Five Corners, Mulla Mulla, Old Man Banksia, Peach-flowered Tea-tree, Pink Flannel Flower, She Oak.

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