

There are several books by Ian White describing his essences and their uses in detail.

'Bush Flower Essences', Ian's first book, gives an informative picture of his first 50 Bush Flower Essences, as well as detailed information about their preparation and use in all areas of healing. He provides a repertory of illnesses and suggests essences to use for their treatment. This book is designed to allow anyone to feel competent and confident in using these essences to bring about health, harmony and well-being. Illustrated with line drawings and photos.

'Bush Flower Healing', the companion volume to Ian's first book, adds details of a further twelve flower essences as well as important new research on the first fifty essences. It includes greatly expanded repertoires of emotional, mental and spiritual as well as physical conditions and combinations of essences for specific problems. Ian also goes into considerable detail applying his essences in relation to iridology and astrology, goal setting and goal achieving.

'Australian Bush Flower Remedies' is a compact reference booklet which gives information on 65 of the essences. It is an invaluable quick reference guide giving key words and a paragraph or two on each essence, one per page. He also gives information on his combination formulas, dosage and how to administer the essences. A most useful tool for practitioners

'Animal Healing with Australian Bush Flower Essences' is the latest book from Bush Biotherapies. It gives practical hints for keeping animals fit and happy as well as dealing with their problems of health and behaviour using the Bush Essences.

This guide to the Australian Bush Flower Essences is the first of a range of handy booklets designed to facilitate the use of Essences for personal healing. Flower and other essences (gem, animal and environmental) are profound healing tools with the potential to make a significant contribution to our personal and spiritual development.

Our purpose at Healthlines is to support the spread of essences by facilitating the understanding of these divine healing gifts, and by making them easily accessible to public and practitioners alike. We provide a prescription service so you can have several essences made up into a ready-to-take dosage bottle. For further information, please phone or visit our website

[www.healthlines.co.uk](http://www.healthlines.co.uk)

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MAIL ORDER ESSENCES AND  
NATURAL HEALTH PRODUCTS

GUIDE TO THE  
**AUSTRALIAN BUSH FLOWER ESSENCES**



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# HEALTHLINES

## Flower Essences and Natural Health Products

Healthlines is a partnership of professionals, working as therapists in the natural health field, and using essences to great effect to support our clients.

At Healthlines we use, prescribe, teach and make essences ~ in fact, we're passionate about them. Our purpose is to facilitate their use and to ensure the growth of this divine transformational gift.

Essences are a powerful resource to aid us on our personal quest. They can assist in clearing the blocks that stop an individual getting in touch with their true or higher self ~ their own intuitive part which knows their life purpose. Essences can then help us find the courage, strength and enthusiasm to pursue our goals and dreams in all aspects of our lives, physically, emotionally, mentally and spiritually.

Through essences all the strengths and subtleties of the natural world are directly available to us, and by embracing their healing energies we can more easily be guided towards wholeness.

There are now many different sets of Essences and we carry several of them: Australian Bush, Baileys, Alaskan, Light Heart, Indigo, Wild Earth Animal Essences, Greek Tree Essences and Bach. Most of these are described in detail on our website ~ they are the ones we continue to use ourselves and prescribe for other people.

Our range is constantly growing, so if there is anything you want which you can't find, please phone. We may have it in stock, or be able to get it for you ~ usually within a few days.

We offer a speedy mail order service, both for practitioners and public. You can order any of the products in this pamphlet either online or by phone.

We are committed to offering only the best quality natural health products available.

1% of all our sales is donated to dedicated environmental organisations.

**DEVIC ESSENCE** - The Devic Essence helps to establish very strong links with the Devic kingdom. It enables one to contact and communicate with nature, and to listen to any message the plant kingdom has for us. Use it to soothe and calm you when you are stressed out, wound up, stuck for time or disconnected. Most importantly, it will help you to remember why you are here.

**ANGELIC ESSENCE** - Angelic Essence allows one to have closer contact with the Angelic realm and helps us to be more open to receiving Angelic inspiration, love, awareness, communication, guidance and instruction. Angelic Essence brings the energy from heaven directly down to earth, uniting the two. One can also use it to invoke Angelic protection.



### LIGHT FREQUENCY ESSENCES

Ian's newest range, which he considers to be his most powerful yet, help us stay in balance with the tremendous spiritual and Environmental changes occurring around us today and help your spirit gain wisdom. They integrate your divine Masculine and Feminine and deepen your connection to the Earth and Nature

**ANTARCTIC ESSENCE** enhances your awareness and vision of what is really necessary in your life and in the situations that you are encountering. It enables you to feel tremendous calm, peace and stillness within yourself. This Essence releases those things that are not essential to you and that take you away from your inner peace and being at one with nature.



**ARCTIC ESSENCE** frees the pure undiluted light potential of the individual. It releases pure light energy that has been held in suspension, waiting to be activated within the individual. It balances one's own electro-magnetic frequency and harmonises one to the earth's changing electromagnetic frequency

**AMAZON ESSENCE** helps us understand and prepare for the transformation that the Earth is embarking on, easing one from the old dynamic to the new. and connecting us back to the energy and wisdom of Gaia. Enables us to flow more easily through life, to be effective and active.

**CHINA ESSENCE** -Restores balance back into your life and Helps you deal with karmic overload in this life allowing you to forgive yourself. Allows you to tap deep within your psyche into your inner knowing, which leads to a trust in the grand cosmic scheme of things

**LAKE BAIKAL** - Engenders faith and trust in life and a calmness and acceptance of unfolding change. Connects you to the stillness of your heart and to a source of pure oneness with the Divine. Helps you to be in the world but not of it, and to be less influenced by mass consciousness.

**MADAGASCAR** - Helps you find the freedom to choose whatever you want to without conditioning. Creates a sacred inner space of peace. Removes alienation, not only from each other but also from animals and the land

**MOUNT PINATUBO** - Heightens your intuition to the inner pulsing of the Earth and future events so you know where you should be and what is safe. Allows you to drop the mask of conformity, and to reveal who you truly are, your true loving "I Am" state Anchors into your being the unique quality that you came here to be.

## WHITE LIGHT ESSENCES

Ian's 7 Environmental essences, made at some of the worlds most remote and sacred sites. They help us invoke and access the realm of Nature and Spirit within ourselves so as to more fully explore and understand our spirituality and fulfill our highest potential.

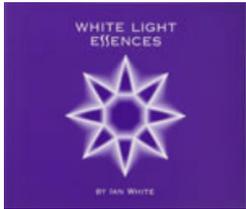


### White Light Essence Pyramid Pack

Carefully developed to embrace and protect the beauty and potency of these wonderful essences, this kit contains all 7 spiritual stock essences, Ian's new book and the White Light CD.

### The CD "White Light"

Sound [pure vibration], is inherent in all things, it has a powerful effect on our cellular structure, on our psyche and our soul. In esoteric numerology each persons master number corresponds with a specific musical composition. The White Light CD contains these 8 musical masterpieces to help bring into balance anyone with the corresponding master number.



The Book "White Light Essences" by Ian White takes you on a magical journey to some of the worlds most sacred sites where these vibrational Essences were made. These breath taking panoramas have been exquisitely captured in the colour photographs which accompany the text. The book will lead you through each essences unique spiritual and soul healing qualities.

## INDIVIDUAL WHITE LIGHT ESSENCES

**WATER ESSENCE** - The Water Essence illuminates the conscious mind so as to reveal and initiate the release of our deepest, most ancient negative karmic patterns. Ian strongly recommends that this Essence should be taken before any of the others in this set.

**EARTH ESSENCE** - The Earth Essence helps to heal internal structure and order in life and is a very important grounding remedy, especially for those doing a great deal of Spiritual work. This Essence allows one to tune into the subtle realms and vibrations.

**FIRE ESSENCE** - This Essence helps with the burning off of the impurities of the astral body. This Essence can open people to their most ancient source, leaving the individual with a "fiery" sense of purpose and direction and inspiring and motivated them to follow their life path and fulfill their highest destiny

**AIR ESSENCE** - The Air Essence allows a person to journey out to much further realms and levels on the spiritual plane with integrity and passion. This Essence produces a sensation of feeling light, easy and carefree and invokes peace and harmony within your heart and mind. It is an excellent remedy for people going through emotional stress and trauma.

**HIGHER SELF** - This Essence offers the opportunity to help a person connect with earlier incarnations. It helps us to be aware of what is beyond the physical experience and can help one tap into sources of ancient wisdom and knowledge.

## Australian Bush Flower Essences

Ian White, creator of the Australian Bush Essences, can take a great deal of credit for the growth of interest in and understanding of essences over the last decade or so. His commitment to education and training, together with their effectiveness, has made his essences some of the most widely known and popular in the world.

The Australian Bush set comprises 69 essences. Each 'stock' bottle (concentrate) comes in a 15ml dropper bottle. To create a dosage strength bottle take 7 drops of the selected essence (or up to 5 essences) from the stock bottle and put them into a clean, empty, dropper bottle. Then top this up with a brandy solution (minimum 20% as a preservative). The standard dosage is 7 drops morning and evening from the dosage bottle, but this can be adjusted according to need.

As well as the individual essences, Ian has created a range of combinations in drops, mists and creams to help with particular life issues. These are listed at the end of this pamphlet, as are his books.

The Bush essences are easy to use to address the first level of healing, the issues that are most apparent or current. If you are new to essences, they are a good place to start as the descriptions are clear and accessible. You can expect to see good results fairly quickly, often within just a few days. It is, however, recommended that you take your essences for a good 2 weeks.

There are several ways of choosing essences, either consciously, by selecting from the descriptions, or by using one of several methods to access the unconscious or intuitive mind eg. dowsing or muscle testing. Another, very easy, way of doing this is with the Australian Bush Insight Cards, a powerful tool for intuitive prescribing. These beautiful images are printed on high quality glossy cards and we find them quite amazing. Again and again they demonstrate how we are intuitively drawn to the flowers we need for our healing. They are ideal for children and people who find it difficult to talk about their problems.

We would like to thank Ian for allowing us to use the Bush logo and flower photos reproduced here which are all copyright of Ian White.

# AUSTRALIAN BUSH FLOWER ESSENCES

We suggest that you initially select, from the 69 Essences, those that address the most currently active issues rather than try to fix everything at once.

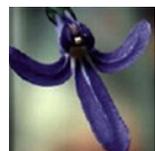
These can then be combined together to make a personalised combination.



## Alpine Mint Bush

Mental & emotional exhaustion in carers, lack of joy, weight of responsibility.

*Revitalisation, joy, renewal.*



## Angelsword

Spiritually "possessed", interference with true spiritual connection.

*Attaining spiritual truth/protection, access to gifts from past lifetimes, repairs whole energy field.*



## Autumn Leaves

Support for those who are dying.

*Letting go and moving on at the point of death.*



## Banksia Robur

Loss of drive and enthusiasm.

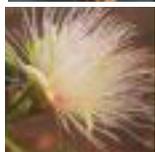
*Revitalises enjoyment of and interest in life.*



## Bauhinia

Resistance to change, rigidity, annoyance.

*Acceptance and open mindedness, embracing new concepts and ideas.*



## Billy Goat Plum

Sexual revulsion, loathing or disgust of an aspect of oneself.

*Sexual pleasure, enjoyment; acceptance of one's physical body.*



## Black-eyed Susan

Rushing, always on the go, impatient, always striving.

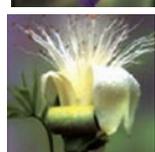
*Slowing down, ability to turn inward and be still, inner peace.*



## Bluebell

Cut off from feelings, greed, fear of lack.

*Opens the heart, joy, sharing.*



## Boab

Taking on negative family thought patterns, repetition of past experiences.

*Releases past negative actions within families - abuse, prejudice etc.*

Releases negative thought patterns.



**Sexuality Essence:** Renews passion, releases fear of intimacy, shame about sexuality and the effects of sexual abuse. An essence for self acceptance and fulfillment, it allows one to feel comfortable with and to fully accept one's body, to be open to sensuality and touch and to enjoy physical and emotional intimacy. Sexuality Essence renews passion and interest in relationships.

Contains the Essences of Billy Goat Plum, Bush Gardenia, Flannel Flower, Fringed Violet and Wisteria. [\[Drops\]](#)



**Solaris Essence:** is made from the flowers of Mulla Mulla, She Oak and Spinifex which are found in the desert of Central Australia, the hottest part of the continent. It greatly relieves the fear and distress associated with fire, heat and sun. Use for x-rays and radiotherapy. [\[Drops\]](#)



**Transition Essence:** Eases the fear of death as well as helping one to come to terms with it. This combination allows one to easily and gently pass over with calmness, dignity and serenity. Contains the Essences of Autumn Leaves, Bauhinia, Bottlebrush, Bush Iris, Lichen, Mint Bush, Red Grevillea and Silver Princess. [\[Drops\]](#)



**Travel Essence:** To counter distress and problems associated with all forms of travel, although it particularly addresses the problems encountered with jet travel. Sickness, jet lag, dehydration, disorientation, atmospheric radiation, etc during travel by any means. Helps you arrive at your destination feeling balanced and ready to go. Contains the Essences of Banksia Robur, Bush Iris, Bottlebrush, Bush Fuchsia, Crowea, Fringed Violet, Macrocarpa, Mulla Mulla, Paw Paw, She Oak and Sundew. [\[Drops\]](#) [\[Mist\]](#) [\[Cream\]](#)



**Woman Essence:** This essence is for mood swings, hot flushes and dislike of the physical body. Harmonises any imbalances during menstruation and menopause. It allows a woman to discover and feel good about her own body and beauty. Contains essences of: Billy Goat Plum, Bottlebrush, Crowea, Mulla Mulla, Old Man Banksia, Peach Flowered Tea-tree, She Oak. [\[Drops\]](#)



[\[Mist\]](#) [\[Cream\]](#)

**Space Clearing Mist:** Space Clearing Essence creates sacred, safe and harmonious environments. Clears and releases any build up of negative emotional, mental and psychic energies. Great for clearing tense situations and environments and restoring balance. Contains: Angelsword, Boab, Fringed Violet, Lichen, Red Lily [\[Mist\]](#)

**Sensuality Mist:** Encourages the ability to enjoy physical and emotional intimacy, passion and sensual fulfillment. Contains Bush Gardenia, Billy Goat Plum, Flannel Flower, Little Flannel Flower, Wisteria, Macrocarpa. [\[Mist\]](#)

**Face Hand & Body** Encourages acceptance of physical body, love and nurturing of self, feel - touch and self massage. Helps to deal with the dislike and non acceptance of body, skin texture and touch. Essences of: Billy Goat





**Dynamis Essence:** For people with temporary loss of drive and enthusiasm. This essence harmonises and centres the vital force giving a renewed sense of vigour. The Essence of the flowers of Old Man Banksia, Macrocarpa, Crowea, Wild Potato Bush and Banksia Robur combine specifically to renew enthusiasm and a 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 [Drops]



**Electro Essence:** For maintaining body harmony in harmful environments. Protection from the negative effects of mobile phones, computers, electromagnetic fields and other radiation. Contains Bush Fuchsia, Crowea, Fringed Violet, Mulla Mulla, Paw Paw and Waratah. [Drops]



**Emergency Essence:** To help ease distress, panic, fear in an acute situation. Will give comfort, calm and a greater ability to cope in stressful circumstances. This combination is made from the essences of Fringed Violet, Grey Spider Flower, Sundew, Waratah and Crowea. It will help 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 used topically or mixed into a cream.[Drops Mist Cream]



**Meditation Essence:** This combination is made from the Essences of Fringed Violet, Bush Fuchsia, Bush Iris, Angelsword and Red Lily. This is a wonderful combination to awaken one’s spirituality. It allows one to go deeper into any religious or spiritual practice. It also enhances access to the Higher Self whilst providing psychic protection and healing of the aura. Highly recommended for anyone practicing meditation. [Drops]



**Purifying Essence:** To release and clear emotional waste and residual by-products, to clear built up emotional baggage. Essences of: Bush Iris, Bottlebrush, Dagger Hakea, Dog Rose, Wild Potato Bush. [Drops]



**Relationship Essence:** Clears and releases resentment, blocked and painful emotions, enhances communication and renews interest in relationships. The Essence of the flowers of Bluebell, Bush Gardenia, Dagger Hakea, Mint Bush, Red Suva Frangipani, Boab and Flannel Flower helps enhance the quality of all relationships, especially intimate ones. It clears and releases resentment, blocked emotions and the confusion, emotional pain and turmoil of a rocky relationship. It helps one verbalise, express feelings and improve communication. This Essence breaks the early family conditioning and patterns which effect us in our current adult relationships. [Drops]



**Boronia**

Obsessive thoughts, pining for recently ended relationships.  
*Serenity, clarity of mind and thought.*



**Bottlebrush**

For going through and feeling overwhelmed by major life changes.  
*Bonding between mother and child, serenity, letting go.*



**Bush Fuchsia**

Inability to balance the logical & rational with the intuitive and creative, switched off, ignoring gut feelings. Learning difficulties.  
*Allows one to integrate information, develops intuition.*



**Bush Gardenia**

Taking for granted, unaware of others’ needs, self-centredness.  
*Renews interest in others, improves communication, passion.*



**Bush Iris**

Fear of death, materialism, atheism, excessiveness.  
*Spiritual insights, understanding beyond the material/physical.*



**Christmas Bell**

A sense of lack. lack of abundance, feeling poor.  
*Helps one to manifest one’s desired outcomes. Ability to give and receive, and to create abundance.*



**Crowea**

Worrying, out of balance, feeling ‘not quite right’. Poor digestion.  
*Balances and centres the individual.*



**Dagger Hakea**

Resentment, bitterness towards close family, friends, lovers.  
*Forgiveness, open expression of feelings.*



**Dog Rose**

Fearful, shy, insecure, apprehensive of others, niggling fears.  
*Confidence, courage, belief in self.*



**Dog Rose of the Wild Forces**

Fear of loss of control, physical symptoms with no apparent cause.  
*Emotional balance, overcoming fear.*



### Five Corners

Low self-esteem, dislike of self, held in personality.  
*Love and acceptance of self, celebration of own beauty.*



### Flannel Flower

Dislike of being touched, lack of sensitivity especially in males.  
*Gentleness, sensitivity in touching, joy, trust, sensuality.*



### Freshwater Mangrove

Closed mind due to learnt prejudices rather than experience.  
*Questioning of own beliefs, openness to new experiences.*



### Fringed Violet

Distress, shock, trauma, damage to aura, drained by others/situations.  
*Removes effects of past or present distress, psychic protection, heals and protects the aura.*



### Green Essence

Used to clear the system of yeast, mould and parasites.  
*Purifying.*

Use either topically, or internally, but not both.



### Green Spider Orchid

Nightmares and phobias from past life experiences.  
*Attunement to nature, opening the psychic aspect, release of terrors and phobias.*



### Grey Spider Flower

Terror, panic, panic attacks.  
*Faith, calm and courage.*



### Gynea Lily

To help you stand straight and express your strength, also for those who tend to dominate and over-ride others.  
*Humility, letting go of control. Brings leadership with wisdom.*



### Hibbertia

Fanaticism - self improvement/discipline/knowledge.  
*Acceptance of self and own innate knowledge.*



### Illawara Flame Tree

Sense of rejection, being left out, fear of responsibility.  
*Self-approval, self-reliance, confidence, inner strength.*

## AUSTRALIAN BUSH ESSENCE COMBINATIONS

These ready-made combinations have been selected to address a wide range of life issues. They are excellent for enhancing well-being and are useful to have with you for specific situations. Most of them come in a 30ml dropper bottle and some come in the form of a mist or a cream



**Abund Essence:** Abund Essence is helpful for people who feel that they have little. They may be pessimistic and closed to receiving. It creates a recognition of the abundance present in our lives and enhances the ability to share joyfully. Aids in releasing 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. [[Drops](#)]



**Adol Essence:** For all teenage problems, insensitivity, over sensitivity, embarrassment and awkwardness. It 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 [[Drops](#)]



**Calm & Clear Essence:** For Stress. Encourages the time and space for relaxation and unwinding. Helps with the inability to find time for one's self. [[Drops](#) [Mist](#) [Cream](#)]



**Cognis Essence:** Gives clarity and focus, assists problem solving. A brilliant aid for anyone studying or taking exams or in any situation where concentration or recall is required. The Essence of the flowers of Bush Fuchsia, Isopogon, Paw Paw, Jacaranda and Sundew combine perfectly to give 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. [[Drops](#)]



**Confid Essence:** Gives confidence, personal power, and self-esteem to those suffering with shyness, lack of conviction, guilt and discomfort around other people.

The Essence of the flowers of Dog Rose, Five Corners, Southern Cross and Sturt Desert Rose 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. [[Drops](#)]

**Creative Essence:** (Previously Heartsong) Enhances singing and creative expression, releases creative blocks and inhibition and helps one to express feelings. Frees your voice and opens your heart. It inspires creative and emotional expression in a gentle and calm way and gives courage and clarity in public speaking and singing.

Essences of: Bush Fuchsia, Turkey Bush, Red Grevillea, Crowea, Flannel Flower. [[Drops](#)]





### **Sunshine Wattle**

Struggle, stuck in the past, expectation of a grim future.  
*Optimism, acceptance of beauty and joy in the present.*



### **Sydney Rose**

Separation, disconnection, yearning for spiritual union.  
*Unconditional love for humanity. We are all one.*



### **Tall Mulla Mulla**

Feeling scared, lack of interaction with others, feeling unsafe.  
*Feeling secure with people, comfortable with social interactions.*



### **Tall Yellow Top**

Alienation, loneliness, isolation.  
*Sense of belonging.*



### **Turkey Bush**

Creative block, disbelief in own creative ability.  
*Inspires creativity, renews artistic confidence.*



### **Waratah**

Black despair, hopelessness, inability to respond to crisis. Eye problems.  
*Courage, tenacity, faith, adaptability, enhances survival skills.*



### **Wedding Bush**

Difficulty with commitment in relationships.  
*Commitment in relationships, dedication to life purpose.*



### **Wild Potato Bush**

Sense of being weighed down and encumbered, especially by the physical body.  
*Freedom to let go and move on in life.*



### **Wisteria**

Women who feel uncomfortable with sex and sexuality.  
Closed sexually. Issues arising from sexual abuse.  
*Fulfilling sexual relationships, sexual enjoyment and openness.*



### **Yellow Cowslip Orchid**

Critical, judgmental, bureaucratic.  
*Humanitarian concern, impartiality.*



### **Isopogon**

Unable to learn from past experience, controlling personality. Stubborn  
*Able to learn from past experiences, to remember the past. Flexibility.*



### **Jacaranda**

Scattered, changeable, dithering, aimless rushing.  
*Decisiveness, clear mindedness, quick thinking.*



### **Kangaroo Paw**

Socially immature, clumsy, gauche, insensitive to others' needs.  
*Relaxation, sensitivity, savoir-faire, enjoyment of people.*



### **Kapok Bush**

Easily discouraged, resignation, apathy.  
*Persistence, willingness to "give it a go", application.*



### **Lichen**

For releasing the etheric body, letting go after death.  
*Good for space clearing and after sudden death.*



### **Little Flannel Flower**

Denial of the 'child' in the personality, seriousness.  
*Playfulness, joy, ability to have fun.*



### **Macrocarpa**

Tired, exhausted, drained, jaded, worn out.  
*Renews enthusiasm, energy, vitality, inner strength, endurance.*  
*Helps when convalescing.*



### **Mint Bush**

Spiritual trials and tribulations, despair, overwhelm.  
*Calmness, ability to move on, readiness for initiation.*



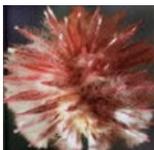
### **Monga Waratah**

Co-dependency, feeling weak and needy, disempowerment.  
*Strength to break out of the situation. Helps you reclaim your spirit.*



### **Mountain Devil**

Hatred, anger, jealousy, holding of grudges, suspiciousness.  
*Unconditional love, forgiveness, happiness.*

**Mulla Mulla**

Distress associated with exposure to fire, heat and sun. Burns, fevers.  
*Reduces the effects of fire and the sun's rays, pain from hot flushes. Use during radiation therapy, before and during x-rays.*

**Old Man Banksia**

Disheartened, weary, low in energy, sluggish, low thyroid activity  
*Ability to cope with whatever life brings, renews enjoyment and interest in life; brings energy and enthusiasm.*

**Paw Paw**

Problems with assimilation of new ideas. Feeling overwhelmed or burdened by information and decisions.  
*Focus and clarity, calmness, assimilation of new ideas.*

**Peach Flowered Tea Tree**

Mood swings, lack of commitment, easily bored, hypochondria.  
*Balance, responsibility for own health, commitment to projects.*

**Philotheca**

Excessive generosity, inability to accept acknowledgement.  
*Ability to accept praise, acknowledgement and love.*

**Pink Flannel Flower**

Unhappy, taking for granted, seeing life as dull, easily annoyed, lack of joy and appreciation for life. *Gratefulness, being appreciative, open hearted, joie de vivre, lightness of being, heart intelligence.*

**Pink Mulla Mulla**

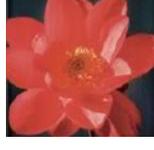
Deep hurt, isolation, guarded, feeling blocked.  
*Overcoming obstacles, opening up, forgiveness.*

**Red Grevillea**

Feeling stuck, affected by criticism, reliant on others.  
*Strength to leave unpleasant situations, boldness.*

**Red Helmet Orchid**

Rebelliousness, selfishness, problems with authority, father issues.  
*Helps father/child bonding, sensitivity, respect.*

**Red Lily**

Vagueness, indecisiveness, daydreaming, head in the clouds.  
*Ability to access the higher self while staying grounded and living in the present.*

**Red Suva Frangipani**

Turmoil, emotional upheaval, acute sadness and grief.  
*Feeling calm and nurtured, acceptance, equanimity.*

**Rough Bluebell**

Openly malicious, lack of concern for others' feelings.  
*Unconditional love, openness, compassion.*

**She Oak**

Distress associated with infertility, female imbalances.  
*Emotionally open to conceiving, great hormonal support.*

**Silver Princess**

Aimless, despondent, feeling flat, lacking life direction.  
*Life purpose and direction, motivation,*

**Slender Rice Flower**

Racism, narrow mindedness, comparison with others.  
*Co-operation, humility, appreciation of beauty in others.*

**Southern Cross**

Victim mentality, poverty consciousness.  
*Personal power, positive attitude, responsibility for self.*

**Spinifex**

Sense of being a victim to illness.  
*Empowers one to heal through emotional understanding of illness.*

**Sturt Desert Pea**

Deep hurt, emotional pain, sadness.  
*Releases sad memories, allows one to let go.*

**Sturt desert Rose**

Guilt, low self-esteem, easily led.  
*Allows one to follow own inner convictions and morality.*

**Sundew**

Disconnected, split, lack of focus.  
 Concentration, attention to detail, grounded, focussed.