



AUSTRALIAN BUSH FLOWER PRODUCT GUIDE

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- Up to 3 Rooted Remedies products: \$9.00
- 4+ Rooted Remedies products: \$15.00
- International shipping prices vary

We try to do our best to get orders shipped out within 1-3 business days (excluding holidays) from when the order was placed.

Products are shipped in a 2-Day Priority Package. You will receive an email with a shipping notice with tracking information.

When placing an order, always verify the shipping address before checkout. Orders shipped to incorrectly submitted addresses are the responsibility of the buyer. Rooted Remedies is not responsible for items lost, stolen, or damaged during transit.

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AUSTRALIAN BUSH FLOWER *essences*



What are Australian Bush Flowers?

Australian Bush Flower Essences are a type of flower essence created and founded by Australian Naturopath & Homeopath Ian White.

Australian Bush Flower Essences are different from Bach Flower Essences,

Bach Flower Essences were rediscovered over 80 years ago using flowers of English plant and shrubs. His vision was that of simplicity.

Dr. Edward Bach believed that good health was the result of emotional, spiritual and mental harmony.

Flower Essences are not new. The Australian Aborigines have always used them to bring about emotional balance, as did the ancient Egyptians.

Australia has the highest number of flowering plants, that are also the oldest in the world.

Australian Bush Flower Essences are quite unique in that they are suggested to only taken on rising and retiring, whereas most other flower essence ranges are taken more often through the day, either three or four times.

Both Bush & Bach Flower Essences are helpful for assisting in clearing the blocks that stop us from getting in touch with our higher self, our intuitive part which knows our life purpose.

They can not only help to give clarity to one's life purpose, but also the courage, strength, confidence and enthusiasm to follow and peruse one's goals and dreams.



Benefits of Bush Flowers

There are many other reasons to include flower essences in your life such as: developing a higher level of intuition, self-esteem, spirituality, creativity and fun.

Flower Essences can also help resolve any drama and distress in one's life.

How flower essences differ from Homeopathy? Homeopathy helps to stimulate the body to heal itself, whereas flower essences are more similar to acupuncture in the way that they can act on the energy fields around us.

Both Homeopathy and Flower Essences can help deep rooted emotions and trauma.

At Rooted Remedies, we offer both the original 38 Bach Flower Essences as well as 70 Australian Bush Flower Essences.

We also offer Bespoke flower essences, where you can create your own blend based on testing or your own guidance alongside our signature blends: Separation Buddy & Grief Relief (Bach Flower Essences). With more blends coming soon!



Australian Bush Flowers

Prices range from \$25-45

ALPINE MINT BUSH

- Negative Condition: Mental and emotional exhaustion, Lack of joy and weight of responsibility of caregivers
- Positive outcome: Revitalisation, joy, renewal
- Alpine mint bush is for people who work in healing & caring situations where there is a great deal of responsibility for other people.
- They give much of themselves - mentally, physically and emotionally, often listening to people in pain and need. These caregivers as a result are often in a state of burn out or have become disillusioned. They can reach a point of feeling that their life has lost its joy.
- Alpine mint bush can revitalize and bring about in these people a renewed enthusiasm and joy in their life again.



ANGELSWORD

- Negative Condition: Interference with true spiritual connection to higher self, Spiritual possessed, Spiritual confusion
- Positive outcome: Spiritual discernment, Accessing gifts from past lifetimes, Release of negatively held, psychic energies, Clear spiritual communication
- Angelsword is a great flower essence for helping someone reach their own spiritual truth by cutting through any confusion or misinformation. Ex: Helping one discern the level of truth in “channelled messages.”
- Taking Angelsword can help allow access to retrieval of previously developed gifts from past lives. It can also protect someone from outside influences and entities so one can receive clear information from one’s higher self without interference.

Australian Bush Flowers

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AUTUMN LEAVES

- Negative Condition: Difficulties in the transition of passing over from the physical plane to the spiritual world
- Positive outcome: Letting go and moving on, Increase awareness and communication with loved ones in the spiritual world
- Autumn Leaves allows one to hear, see and feel communication from the other side and be open to that guidance and communication. It also further emphasises the sense of letting go and moving on in a very profound way.

BANKSIA ROBUR

- Negative Condition: Disheartened, Lethargic, Frustrated
- Positive outcome: Enjoyment of life, Enthusiasm, Interest in life
- Banksia Robur is for people who experience temporary loss of drive and enthusiasm due to setback, disappointment or frustration.
- It can help pick them up out of the 'bog' that they are in and get them back on solid ground and going again.

BAUHINIA

- Negative Condition: Resistance to change, Rigidity, Reluctance
- Positive outcome: Acceptance, Open-mindedness
- Banksia Robur may be a helpful flower essence where there may be some hesitation or reluctance, initially, in coming to terms with these. It can help when there is a person who is annoying you or whom you dislike.
- Bauhinia can also be helpful for older people who are very set in their ways.

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BILLY GOAT PLUM

- Negative Condition: Shame, Inability to accept the physical self, Physical loathing
- Positive outcome: Sexual pleasure and enjoyment, Acceptance of self and one's physical body, Open-mindedness
- Billy Goat Plum is for feelings of shame, self-disgust and self-loathing. For those who feel revolted and dirty about sex and feel unclean afterwards.
- Billy Goat Plum can also be used for feelings of revulsion about other physical aspects such as: acne, eczema, a large nose, etc.



BLACK-EYED SUSAN

- Negative Condition: Impatience, On the go, Overcommitted, Constant striving
- Positive outcome: Ability to turn inward and be still, Slowing down, Inner peace
- Black-eyed susan is for people who are impatient or always 'on the go.' They are continually rushing and their lives are always overflowing with commitments.
- Black-eyed susan can help those to slow down, to reach stillness, find calmness and inner guidance.

BLUEBELL

- Negative Condition: Closed, Sense of lack, Greed, Rigidity
- Positive outcome: Opens the heart, Belief in Abundance, Universal trust, Joyful sharing and Unconditional love
- Bluebell may be a helpful flower essence to help open up the heart. It is for those who feel cut off from their feelings. They are subconsciously unable to express their feelings of love, joy, etc., because they subconsciously believe that those feelings are finite or not renewable. That there is not enough and that if they let go or give out what they have, they will not survive. This often accompanies control and rigidity.

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BOAB

- Negative Condition: Enmeshment in negative family patterns, For recipients of abuse & prejudice
- Positive outcome: Personal freedom by releasing family patterns, Clearing of other, non-family, negative karmic connections
- Boab can help clear negative emotional and mental family patterns that are passed on from generation to generation. Boab can access and clear those core patterns and all the related ensuing beliefs.
- Boab can be helpful for those who have had experience of abuse or prejudice from others and help clear the negative lines of karma between people.



BORONIA

- Negative Condition: Obsessive thoughts, Pinning, Broken hearted
- Positive outcome: Clarity, Serenity, Creative visualisation
- Boronia is for people with resolving obsessions - thoughts, events, things or ideas which are stuck. It leads to clarity and focus.
- Can be helpful for additions and for dealing with an ended relationship where there is pinning for the other person.
- Can help enhance focus for creative visualization.

BOTTLEBRUSH

- Negative Condition: Unresolved mother issues, Overwhelmed by major life changes - old age, adolescence, parenthood, pregnancy, post-partum, approaching death
- Positive outcome: Serenity and calm, Ability to cope and move on, Mother-child bonding
- Bottlebrush can help people move through major life changes and overwhelm that often goes with those changes, especially retirement, menopause, adolescence, etc. It 'brushes' out the past and allows the person to move on.
- Bottlebrush is an excellent remedy for pregnant women and new mothers who feel inadequate. It is also a great healing remedy for unresolved mother issues and post birth bonding.



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BUSH FUCHSIA

- Negative Condition: Switched off, Nervousness about public speaking, Ignoring “gut” feelings, Clumsy
- Positive outcome: Courage to speak out, Clarity, In touch with intuition, Integration of information, Integration of male and female aspects
- Bush Fuchsia can help assist people with problem solving and improves one’s access to intuition - it helps a person to trust their own “gut” feelings.
- It allows for balance between the logical/rational and the intuitive/creative.
- It can help give people courage and clarity in public speaking as well as the ability to speak out about their own convictions.



BUSH GARDENIA

- Negative Condition: Stale relationships, Self-interest, Unaware
- Positive outcome: Passion, Renews interest in partner, Improves communication
- Bush Gardenia is helpful for renewing passion and interest in relationships. It can help draw together those who are moving away from one another, busy in their own world (career, life, etc).
- It can be helpful to help the individual reconnect to their partner, friend or family, to help bring them back together.

BUSH IRIS

- Negative Condition: Issues around ones mortality, Materialism, Atheism, Physical excess, Avarice
- Positive outcome: Awakening of spirituality, Acceptance of death, Clearing blocks in the base chakra and trust center
- Bush Iris can help open people up to their spirituality and to access the doorway to their higher perceptions.
- It can allow the trinity to flow into a person and is an excellent remedy to give someone who has just started meditation or spiritual growth.
- In the negative mode, there will be materialism and/or atheism and an over concern around death.



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CALOPHYLLUM

- Negative Condition: Doubting one's abilities and leadership, Lack of commitment, Preferring to stay in one's comfort zone, Waiting for others to lead and act
- Positive outcome: Resilience, Leadership, Connected to spirit, Clear sense of direction, Inspiring and supporting others, Strong sense of morality
- Calophyllum can help one develop and activate leadership qualities. They are very enthusiastic, have a strong connection to spirit, which gives them their certainty in knowing where they're going and what they should do.
- They are very positive, focused people with tremendous resilience, determination and focus.



CHRISTMAS BELL

- Negative Condition: Lack of abundance, Sense of lack, Poor stewardship of one's possessions
- Positive outcome: Helps one to manifest one's desired outcome, Assists one with mastery of the physical plane
- Christmas Bell can help assist one with mastery of the physical plane and with stewardship of one's possessions.
- It can also help one to manifest their desired outcomes and is extremely beneficial for anyone experiencing a sense of lack.

CROWEA

- Negative Condition: Feeling out of balance, A sense of being 'not quite right'
- Positive outcome: Peace and calm, Balances and centers the individual, Clarity of one's feelings
- Crowea can be helpful for people who are feeling 'not quite right' in themselves and are just a little out of balance. They often feel things intensely.



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DAGGER HAKEA

- Negative Condition: Resentment, Bitterness towards close family, friends and lovers
- Positive outcome: Forgiveness, Open expression of feelings
- Dagger Hakea is a great remedy for people who feel resentment and bitterness and hold grudges against those with whom they have been very close (ex: family members, ex-lovers). The resentment is often not openly displayed.



DOG ROSE

- Negative Condition: Shy, Insecure, Uncomfortable with other people
- Positive outcome: Confidence, Belief in self, Courage, Ability to embrace life more fully
- Dog Rose is a flower essence that is helpful for treating niggling little concerns. It can help those overcome them and allow an increase in the flow of the vital force, quality of life, courage and self-esteem.
- It is also for shy, insecure, timid and nervous people.

DOG ROSE OF THE WILD FORCES

- Negative Condition: Sense of losing control, Perturbation
- Positive outcome: Calm and centered in times of inner and outer turmoil, Emotional balance
- Dog Rose of the Wild Forces can be a helpful flower essence when a person has a sense of losing control, when the emotions they are feeling within themselves or immediately around them are so intense there is a sense of losing total control.
- It can also help teach the necessity of gaining control over the emotions so that emotional intensity will not distort one's natural energies.

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FIVE CORNERS

- Negative Condition: Low self-esteem, Dislike of Self, Crushed & held-in personality, Clothing drab and colorless
- Positive outcome: Love and acceptance of self, Celebration of own beauty, Joyousness, Self-confidence
- Five Corners corresponds with the anatomical position of arms and legs spread with the fifth point being the head. This flower essence allows the life force to flow through to these five centers. When this happens a person feels good and strong in themselves. They feel their own love & beauty. This helps resolve low self-esteem & lack of self love.



FLANNEL FLOWER

- Negative Condition: Dislike of being touched, Lack of sensitivity in males, Uncomfortable with intimacy
- Positive outcome: Gentleness and sensitivity in touching, Trust, Openness, Expression of feelings, Joy in physical activity
- Flannel flower is for people who are uncomfortable with emotional intimacy as well as physical contact and touching.
- They often have difficulty in maintaining their personal boundaries. It helps one to totally trust and express verbally one's innermost feelings.
- Helpful for both men & women to better express themselves.

FRESHWATER MANGROVE

- Negative Condition: Heart closed due to expectations or prejudices which have been taught, not personally experienced
- Positive outcome: Openness to new experiences, people & perceptual shifts, Healthy questioning of traditional standards & beliefs
- Freshwater Mangrove can help release and heal mental prejudice, allowing the heart to open without judgement.
- This essence can help generational and has the potential to allow us to fully experience and be open on both a mental and heart level to new perceptual shifts & all the changes occurring at this time.



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FRINGED VIOLET

- Negative Condition: Damage to aura, Lack of psychic protection
- Positive outcome: Removal of effects of recent or old distressing events, Heals damage to aura, Releases psychic shock
- Fringed Violet is for treating damage to the aura where there has been shock, grief or distress (ex: abuse, assault).
- This remedy maintains psychic protection and is excellent for people who are drained by others or those who unconsciously absorb the physical and emotional imbalances of others.



GREEN ESSENCE

- Negative Condition: Emotional distress associated with intestinal and skin disorders
- Positive outcome: Harmonizes the vibration of any yeast, mold or parasite to one's own vibration, Purifying
- Green Essence can help harmonize any internal yeast, mold and parasites to the same vibration as one's body.

GREEN SPIDER ORCHID

- Negative Condition: Nightmares, Negative effects from past life experiences, Intense negative reactions to the sight of blood
- Positive outcome: Telepathic communication, Ability to withhold information until timing is appropriate, Attunement
- Green Spider Orchid can be helpful for people who are teaching spiritual matters and understandings, helping them to impart that knowledge and to know when to share experiences and when to remain silent to let the energy build.
- Green Spider Orchid can release negative effects of nightmares stemming from past lives.



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GREY SPIDER FLOWER

- Negative Condition: Upsetting dreams, Supernatural & psychic attack, Unease, Trepidation, Alarm
- Positive outcome: Faith, Calm, Courage
- Grey Spider is a flower essence that can help individuals to deal with alarm, dread, unease or trepidation, especially experienced in life-threatening situations or psychic attack.
- Grey Spider can help restore faith and trust.



GYMEA LILY

- Negative Condition: Arrogant, Attention seeking, Craving status & glamour, Dominating & overriding personality
- Positive outcome: Humility, Allowing others to express themselves & contribute, Awareness and appreciation, Taking notice of others
- Gymeia Lily is a flower essence for excessive pride & arrogance and helps bring about humility. It can help someone reach up to the energy of arrogance & transform it to achieve great heights.
- Gymeia Lily is also very beneficial for people whose personalities are very intense or extrovert, or those who are dominating, demanding and very charismatic, who usually get their way.
- It is also for people who like to be seen and noticed and who seek glamour and status.

HIBBERTIA

- Negative Condition: Fanatical about self-improvement, Driven to acquire knowledge, Excessive self-discipline, Superiority, Hyper-vigilance
- Positive outcome: Content with own knowledge, Acceptance, Ownership and utilization of own knowledge
- Hibbertia is for people who are strict and regimented or even fanatical with themselves or for those who use their knowledge to gain an upper hand.
- They constantly devour information and philosophies purely to make themselves better people but often without truly integrating it.
- This essence can also be used by people who are hyper-vigilant, due to past upsetting experiences.

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ILLAWARRA FLAME TREE

- Negative Condition: Overwhelming sense of rejection, Concern about and overwhelmed by responsibility
- Positive outcome: Confidence, Commitment, Self-reliance, Self-approval
- Illawarra Flame Tree is a flower essence for those who suffer from a great sense of rejection, or who feel left out. This rejection is deeply felt and very agonizing for the person.
- Illawarra Flame Tree is also for self-rejection, or for a person feeling apprehensive about a new experience (ex: parenthood, or where there is an over-concern with responsibility).



ISOPOGON

- Negative Condition: Inability to learn from past experience, Stubborn, Controlling personality
- Positive outcome: Ability to learn from past experiences, Retrieval of forgotten skills, Relating without manipulating or controlling, Ability to remember the past
- Isopogon is for those who live very much in their heads. They are dominated by their intellect and there is often a separation between their heart & head.
- It can be helpful for those who control through stubbornness. It also enables the retrieval of long-forgotten skills & information.

JACARANDA

- Negative Condition: Scattered, Changeable, Dithering, Rushing
- Positive outcome: Decisive, Quick thinking, Centered
- Jacaranda is a flower essence for people who dither, never completing things because they are constantly changing their mind.
- It can be helpful for those who dither, are 'all over the place' and are always changing their mind.

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KANGAROO PAW

- Negative Condition: Gauche, Unaware, Insensitive, Inept, Clumsy
- Positive outcome: Kindness, Sensitivity, Savoir faire, Enjoyment of people, Relaxed
- Kangaroo Paw is a flower essence for people who are “green” and socially inept. They do not know how to properly interact with other people.
- They can be very insensitive because they are so focused on themselves that they miss the cues and needs of other people around them. They can be very self-centred.



KAPOK BUSH

- Negative Condition: Apathy, Resignation, Discouraged
- Positive outcome: Willingness, Application, ‘Give it a go’, Persistence, Perception
- Kapok Bush is for people who have a tendency to give up very easily, who are easily discouraged.
- It can also give people an overview of a plan or situation and then allow them to work it through sequentially and be able to bring it to fruition.
- Kapok Bush is also for someone with a piece of technology or machinery, to assist them to understand how it works.

LICHEN

- Negative Condition: Not knowing to look for and move into the light when passing over, Earthbound in the astral plane
- Positive outcome: Eases one’s transition into the light, Assists separation between the physical and the etheric bodies, Releases earthbound energies, Help process major life changes
- Lichen can help individuals to be aware of, look for and go to the light at the moment of physical death.
- It can be taken by people who are in the process of passing over or going through major life changes in their life (ex; career, moving etc).



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LITTLE FLANNEL FLOWER

- Negative Condition: Denial of the 'child' within, Seriousness in children, Grimness in adults
- Positive outcome: Carefree, Playfulness, Joyful
- Little Flannel Flower deals with the child aspect in us all. It addresses the expression of playfulness, being carefree and spontaneous joy.
- It is for people who regard life as a very sombre and serious experience.
- Little Flannel Flower is also for children who tend to grow up much too quickly, who take on the troubles of the world and get old before their time.



MACROCARPA

- Negative Condition: Drained, Jaded
- Positive outcome: Enthusiasm, Inner strength, Emotional endurance
- Macrocarpa is a flower essence that brings about renewed enthusiasm, endurance and inner strength.

MINT BUSH

- Negative Condition: Perturbation, Confusion, Spiritual emergence, Initial turmoil & void of spiritual initiation
- Positive outcome: Smooth spiritual initiation, Clarity, Calmness, Ability to cope
- Mint Bush helps one to cope with the dross being burnt off before emerging at a new spiritual level. Just prior to any such initiation there are usually spiritual trials and tribulations that one goes through when one is being tested, often to their limit. At this time there is usually a great deal of confusion and one can have a sense that everything is too difficult and too much to deal with and resolve (ex: divorce, illness, accidents, etc).

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MONGA WARATAH

- Negative Condition: Neediness, Co-dependency, Inability to do things alone, Disempowerment, Addictive personality
- Positive outcome: Strengthening of one's will, Reclaiming of one's spirit, Belief that one can break the dependency of any behavior, substance or person, Self-empowerment
- Monga Waratah can help a person find their inner strength. It addresses the negative conditions of disempowerment; of being overly needy, of feeling not strong enough, of feeling unable to do things of alone, feeling choked or stifled in situations or relationships and feeling not able or strong enough to leave.



MOUNTAIN DEVIL

- Negative Condition: Hostility, Anger, Holding grudges, Suspiciousness
- Positive outcome: Unconditional love, Happiness, Healthy boundaries, Forgiveness
- Mountain Devil helps one deal with feelings of anger, jealousy and the major blocks to expressing love.
- It is for people who tend to be suspicious of others. Mountain devil helps to develop unconditional love and acceptance.
- It helps one express anger in a healthy way and develop sound boundaries. This may open the way to forgiveness.

MULLA MULLA

- Negative Condition: Unease with flames, heat and hot objects, Emotional distress associated with exposure to fire, heat & sun
- Positive outcome: Reduces the effects of fire & sun, Feeling comfortable with fire and heat
- Mulla Mulla is for the personal recovery from the shattering experience of burns from heat or fire.
- This essence reduces the negative emotional effects of fire, heat and the sun's rays. It is for those who are uneasy with fire or flames (often from a past life).

Australian Bush Flowers

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OLD MAN BANKSIA

- Negative Condition: Weary, Phlegmatic personalities, Disheartened
- Positive outcome: Enjoyment of life, Renews enthusiasm, Interest in life
- Old Man Banksia is an essence for people who are weary, frustrated and disheartened by setbacks.
- This essence helps to bring a spark into those people's lives who are heavy and slow moving. They tend to be reliable, dependable people who steadily plod on, often hiding their weariness while battling on with unceasing effort.



PAW PAW

- Negative Condition: Overwhelm, Unable to resolve problems, Burdened by decision
- Positive outcome: Improved access to higher self for problem solving, Assimilation of new ideas, Calmness, Clarity
- Paw Paw is for the assimilation and integration of new ideas and information, especially where there is a tendency to feel overwhelmed by the quality and quantity of that information.
- This essence should be used when one is unable to solve a problem. It will activate the higher self, where we have the answer to all our problems.

PEACH-FLOWERED TEA-TREE

- Negative Condition: Easily bored, Lack of commitment to follow through projects, Emotional ups and downs, Hypochondriacs
- Positive outcome: Ability to complete projects, Personal stability, Take responsibility for one's health
- Peach-Flowered Tea-Tree is an essence for people with extreme mood swings, hypochondriacal people and especially those who are overly concerned about aging.
- It can also be used for people who get enthusiastic and then, for no apparent reason, lose that enthusiasm. Peach-flowered tea-tree is for those who do not follow through on their goals and convictions. Once the challenge goes they become bored and lose interest.



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PHILOTHECA

- Negative Condition: Inability to accept acknowledgment , Excessive generosity
- Positive outcome: Ability to receive love and acknowledgment, Ability to let in praise, Looking after one's own needs, Nurturing self
- Philotheca can help allow people to accept acknowledgement for their achievements and to 'let in love.'
- They are often good listeners and generous, giving people. They are more comfortable giving than receiving and often put their own needs last.



PINK FLANNEL FLOWER

- Negative Condition: Feeling and seeing life to be dull, flat and lackluster, Unappreciative, Unhappy, Taking for granted, Unmindful
- Positive outcome: Gratitude, Open-hearted, Appreciative, Lightness of being
- Pink Flannel Flower is all about heart energy. It allows one to be in a state of gratitude for all aspects of one's life and for what they are experiencing around them.
- It can bring about an appreciation of, and helps one take delight and pleasure in the details and the little things in life, to see and be aware of the blessings in every moment.

PINK MULLA MULLA

- Negative Condition: Deep ancient wounds on the psyche, An outer guarded & prickly persona to prevent people coming close & hurting them
- Positive outcome: Deep spiritual healing, Trusting & opening up
- Pink Mulla Mulla tend to be quite isolated and unable to resolve a hurt, wrong or injustice which can be felt very deeply
- They are often on guard against people hurting them again. They may protect themselves by saying hurtful things to others as a way of keeping people at a safe distance.



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RED GREVILLEA

- Negative Condition: Feeling stuck, Oversensitive, Affected by criticism and unpleasant people, Too reliant on others
- Positive outcome: Boldness, Strength to leave unpleasant situations, Indifference to the judgement of others
- Red Grevillea is for people who feel stuck. It acts as a catalyst for those who know what they want to achieve but do not know how to go about it.
- It is for people who are too reliant on others. It can promote independence and boldness.



RED HELMET ORCHID

- Negative Condition: Rebelliousness, Hot-headed, Unresolved father issues, Selfishness
- Positive outcome: Male bonding, Sensitivity, Respect, Consideration
- Red Helmet Orchid can help a man bond to his child or children. It helps men to be aware to allocate quality family time.
- It is also a flower essence for anyone with unresolved father issues, which can manifest as a recurrent, lifelong, rebellious attitude to authority figures - police, headmasters, bosses, etc.

RED LILLY

- Negative Condition: Vague, Disconnected, Split, Lack of focus, Daydreaming
- Positive outcome: Grounded, Focused, Living in the present, Connection with life and God
- Red Lilly is a flower essence for spirituality and connection to God in a grounded and centered way, allowing a person to have a wholeness to their spirituality by also realizing the need to develop and maintain a balanced physical and emotional life.



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RED SUVA FRANGIPANI

- Negative Condition: Initial sorrow and upset of either a relationship at rock bottom or of the death of a loved one, Emotional upheaval, turmoil and rawness
- Positive outcome: Feeling calm and nurtured, Inner peace and strength to cope
- Red Suva Frangipani can help address the great emotional intensity, difficulty and hardship that people can go through when a relationship is ending, close to ending or going through a very rocky period.
- It can also be taken for the enormous initial upset and sorrow of the loss of a loved one.



ROUGH BLUEBELL

- Negative Condition: Deliberately hurtful, Manipulative, exploitative or malicious
- Positive outcome: Compassion, Release of one's inherent love vibration, Sensitivity
- Rough Bluebell is an essence to help people fully express the love vibration innate within them.
- Rough Bluebell is for people who are very manipulative and for those who are deliberately malicious and use people, either subtly or openly.
- They are aware of the needs of others, but want love and affection for themselves & are not concerned about or able to give it back.

SEDUM

- Negative Condition: Ungrounded, Feeling lost, Scattered, Spiritually unaware
- Positive outcome: Feeling of unity, Spiritual optimism & empowerment, Upliftment, Accessing higher energies, Anchoring & activating higher self
- Sedum brings the highest source of spiritual energy to fully root and ground your higher self. It offers a real balance of the divine masculine and feminine, inviting you to arrive fully in the body.
- Sedum creates a strong sense of unity and wanting to be a part of something for higher good. It represents masses of strong, supportive individuals, all united, connected to the light.



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SHE OAK

- Negative Condition: Female emotional imbalance, Inability to conceive for non-physical reasons
- Positive outcome: Emotionally open to conceive, Female balance
- She Oak is an essence which is very beneficial in overcoming imbalances in and bringing about a sense of wellbeing in females.
- It can benefit women who feel distressed about infertility. It removes those personal blocks that prevent conception.



SILVER PRINCESS

- Negative Condition: Aimless, Despondent, Feeling flat, Lack of direction
- Positive outcome: Motivation, Direction, Life purpose
- Silver Princess can help bring about an awareness of one's life direction. Thought it may not always reveal to a person their full life plan, it will aid people who are crossroads, helping them to show them what their next step is.
- This essence is also excellent when one has reached an important goal and yet one is life feeling very flat, thinking 'is this all there is.' It can help give them a glimpse or a sense of what is next and allows one to enjoy the journey whilst striving for the goal.

SLENDER RICE FLOWER

- Negative Condition: Prejudice, Racism, Narrow-mindedness, Comparison with others
- Positive outcome: Humility, Group harmony, Co-operation, Perception of beauty in others
- Slender Rice Flower is for people who are racist or narrow-minded and lack humility. This essence engenders group harmony and conflict resolution when individual egos get in the way.
- It allows for greater co-operation between people for the common good. Slender Rice Flower has the ability to make an individual aware of the common divinity in all people and to realize that no one is super to anyone else.

Australian Bush Flowers

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SOUTHERN CROSS

- Negative Condition: Victim mentality, Complaining, Bitter, Martyrs, Poverty consciousness
- Positive outcome: Personal power, Taking responsibility, Positivity
- Southern Cross is for people who have a tendency to feel that they are a victim, that life has been hard on them or that they have been hard done by.
- This essence helps people to understand that through they may not have control over all the things that happen to them in life, that they do have control over how they choose to react to these situations or events.



SPINIFEX

- Negative Condition: Sense of being a victim to illness
- Positive outcome: Empowers one through emotional understanding of illness
- Spinifex is a flower essence for those who have a sense of being a victim to and having no control over illnesses, especially those with persistent and recurring symptoms.

STURT DESERT PEA

- Negative Condition: Emotional pain, Sorrows
- Positive outcome: Letting go, Triggers healthy grieving, Clearing old sorrow
- Sturt Desert Pea is a flower essence for sorrows, grief and sadness.
- It can help individuals bring about amazing changes in their life.

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STURT DESERT ROSE

- Negative Condition: Guilt, Regret and remorse, Low self-esteem, Easily lead
- Positive outcome: Courage, Conviction, True to self, Integrity, Feeling better about self
- Sturt Desert Rose is for guilt, including sexual guilt, which can be an emotional trigger for many sexual problems.
- It is for following your own inner convictions and morality, helping you to follow through with what you know you have to do.
- If one is not true to oneself then there can often arise, feelings of regret or remorse. It can help restore self-esteem that has been damaged by past actions.

SUNDEW

- Negative Condition: Vagueness, Disconnectedness, Split, Indecisive, Lack of Focus
- Positive outcome: Attention to detail, Grounded, Focused, Living in the present
- Sundew is for people who are vague and indecisive and do not pay attention to detail. For those who tend to “split off” easily, especially when there is work to be done.
- This essence will keep them focused in the present and reduces procrastination.

SUNSHINE WATTLE

- Negative Condition: Stuck in the past, Expectation of a grim future, Struggle
- Positive outcome: Optimism, Acceptance of the beauty and joy in the present, Open to a bright future
- Sunshine Wattle is for people who have had a difficult time in the past and who are stuck there. They bring their negative experiences of the past into the present.
- Life may seem as being grim and full of struggle. In the positive mode, these people will see the beauty & excitement and anticipate the future.

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SYDNEY ROSE

- Negative Condition: Feeling separated, Deserted, Unloved or morbid
- Positive outcome: Realizing we are all one, Feeling safe & at peace, Heartfelt compassion, Senes of unity
- Sydney Rose is symbolic of this remedy can help someone realize and know that on a deep heart level, that there is no separation between us. That we are all one.
- It can help create compassion, tolerance and love for others and the willingness to help and support others.



TALL MULLA MULLA

- Negative Condition: Ill at ease, Uncomfortable with circulating and mixing with others, Loner, Distressed by & avoids confrontation
- Positive outcome: Feeling relaxed and secure with other people, Encourages social interaction
- Tall Mulla Mulla is for people who are not at ease being with others. They prefer their own company and enjoy being alone but miss out on the emotional growth that interaction with others can bring.
- They will often go to any length to keep the peace even if it means agreeing or saying things they don't believe. They do not breathe deeply for they prefer holding on to the familiar rather than being open to the new.

TALL YELLOW TOP

- Negative Condition: Alienation, Loneliness, Isolation
- Positive outcome: Sense of belonging, Acceptance of self and others, Knowing that you are 'home', Ability to reach out
- Tall Yellow Top is an essence for alienation. There is no feeling of connection or sense of belonging to family, workplace, country, self, etc.
- Often as a consequence of this alienation the head, or intellect, takes over from the heart.



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TURKEY BUSH

- Negative Condition: Creative block, Disbelief in own creative ability
- Positive outcome: Inspired creativity, Creative expression, Focus, Renews artistic confidence
- Turkey Bush is a flower essence that helps support creativity. Turkey Bush allows them to tune into their higher self and helps them to move through creative blocks and discouragements.
- This essence brings about a desire to express & allow creativity to flow.

WARATAH

- Negative Condition: Inability to respond to a crisis, Dark night of the soul
- Positive outcome: Courage, Tenacity, Adaptability, Strong faith, Enhancement of survival skills
- Waratah is for the person who is going through a 'dark night of the soul.' It gives them the strength and courage to cope with their crisis and will bring their survival skills to the fore.
- Waratah is a wonderful flower essence for emergencies and great challenges.

WEDDING BUSH

- Negative Condition: Difficulty with commitment
- Positive outcome: Commitment to relationships, Commitment to goals, Dedication to life purpose
- Wedding Bush essence is excellent for commitment, whether in relationships, employment, the family or personal goals.
- It can be of great benefit for a relationship when one or both individuals are uncertain if they wish to work through the issues their partner is bringing up in them.
- Wedding Bush can also be used for people who flit from one relationship to another.



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WILD POTATO BUSH

- Negative Condition: Weighed down, Feeling encumbered
- Positive outcome: Ability to move on in life, Freedom, Renews enthusiasm
- Wild Potato Bush is an excellent remedy for anyone feeling burdened or frustrated by any physical restriction or limitation with their body.
- Wild Potato Bush can bring a sense of renewed enthusiasm, freedom and the ability to move on in life. It is especially for those who feel heavy and need to step out of the old self, but who feel it is difficult to do so.



WISTERIA

- Negative Condition: Feeling uncomfortable with sex, Closed sexually, Macho male
- Positive outcome: Sexual enjoyment, Enhanced sexuality, Sexual openness, Gentleness
- Wisteria is a flower essence for women who are uncomfortable with their sexuality. They may be unable to relax and enjoy sex, or are uncomfortable with physical intimacy and or sexuality.
- This remedy can work on clearing those beliefs, allowing sexual enjoyment, openness, gentleness and ease of sexual intimacy.
- It also allows the 'macho male' be more aware of his softer side.

YELLOW COWSLIP ORCHID

- Negative Condition: Critical, Judgmental, Bureaucratic, Nitpicking
- Positive outcome: Humanitarian concern, Impartially stepping back from emotions, Constructive, A keener sense of arbitration
- Yellow Cowslip Orchid symbolizes the intellect and the element of air.
- This remedy can be helpful for those concerned with social order, group activity and harmony. When out of balance there is excessive judgement and criticism.





**FOR QUESTIONS, PLEASE EMAIL
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