

IMMANESSENCE

Western Australian Wild Flower Essences



By Phillip K. Adams

*“Flowers are a symbol for all our lives. We use them in celebration, but also in sadness.
To me, each painting and each flower represents a memory or a fragment of life;
life’s contrast between loss and gain – this making things so precious.”*

Quote and above painting by Monica Adams.

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INTRODUCTION

This series of Flower Essences was made in the Toodyay (toodjie is the Aboriginal name) region of Western Australia. The area encompasses untouched bush adjacent to, and including, a flora and fauna conservation reserve (the Rugged Hills Reserve) and the Viva Herb Farm.

Located in a valley, the area rises up to rocky hilltops, with high quality clay gravel slopes, that slopes down to a winter creek bed. Within this geography are examples of moss, lichens and many varieties of fungus, plants and trees. The land including and surrounding the farm has scatterings of pink, white and clear quartz on the surface, signifying the healing energy. Since I first arrived on this property in 1996, there was an immediate impulse to buy it. I had been searching for 18 months and found a strong pull. Each time I arrive, I feel immediately relaxed as the tensions of the world fade into insignificance.

METHODS

I spend many, many hours relaxing, meditating, looking and feeling the energies on and around this property. Using my skills as an engineer, and my qualifications in horticulture, permaculture, aromatherapy and reiki (I am a reiki master) I have gained the insights and become sensitive enough to conduct this work. In addition, I have studied geomancy and alchemy to learn the historical ways of extracting herbs from plants. I have adopted some ancient procedures which are remarkably similar to the way in which modern herbalists work.

THE HERB GARDEN

We have trialled many different herbs and growing methods to establish a natural farm that works in harmony with the environment. However, a large variety of herbs and plants established in the past have died, or their seeds did not grow because of frost, heat, lack of water or animal-related interference. This was frustrating but I was determined not to fall into the trap of using chemicals to protect the plants – an easy option when \$1,000 of lavender plants were destroyed by locusts.

My plan was to work with nature not against it. My first solution? I planted chillies so that the animals would not eat the plants. This backfired as my neighbour's ram (one of his six sheep) took a fond attraction to the red hot chillies. It put a fire in his belly, increasing his virility. Consequently, the six sheep quickly turned into 35. I had succeeded in assisting the sheep to procreate resulting in more animals to eat the herbs which had succeeded in growing!

It was disheartening, but the time spent working with the earth, plants and animals and 'tuning myself in' made me realise that herbal remedies already exist. The Western Australian wild flowers and the essences they produce are so abundant that the true substantial plants grew naturally. All I had to do was open my eyes and see what was already before me – an abundance of herbal remedies presented by nature in the Australian bush.

"In life all that we require is presented to us... all we have to do is open our eyes and see."

DREAMING FOR THE FUTURE

My time is spent walking, feeling, identifying and getting in touch with the energies that are at work in the region. I am looking forward to many years, perhaps a lifetime, of this.

Before this happened, during the herb farm trial, I had recurring dreams where I flew or ran through the universe and cities of the world with a bowl in my outstretched hands. I felt an extreme urgency that whatever was in the bowl needed to be put out there and taken by the people in the cities, with extreme urgency. I could not explain what was in the clear flat bowl apart from that it contained a clear liquid and some objects that were red, white and yellow not in any uniform fashion.

My first essence was made with silver princess flowers (which are red white and yellow). As they infused in a crystal bowl filled with water I realised that it was the bowl and colours from my dreams. They say that when dreams recur they are significant. Silver princess is for unblocking the energetic pathways to allow the individuals true energy to flow: The purpose and feeling that I had in the dreams – to get this substance to the people in the cities – was so intense that it now forms much of my life's work.

My association and love of flowers came at a much earlier stage. I was about five, boisterous and loved playing football, tennis, cricket or just playing ball games with my older brother. One day our noise stopped. My mother went outside to investigate to find me sitting on the ground looking, deeply, at a flower. She said to me: "Isn't it beautiful?" I looked up at her and said "Yes, God created this, Mum." She said she was stunned to hear these words coming from such a boisterous little boy who never seemed to stop.

BIODYNAMIC HERB FARM

A Biodynamic (under accreditation) herb and flower essence farm is now being established. I had begun to study bio-dynamics and how to work with the elemental energies and the cosmic forces experienced by people from the Earth. I had begun collecting dew and rainwater in crystal bowls for the purpose of making essences. I was discussing the virtues of using rainwater in comparison to using the generally accepted method of using spring water. I believe it is important to use rainwater, so I now use a blend of rainwater and spring water.

During a meditation I found myself floating above the property. As I was hovering I saw lines of lights, like long fluorescent tubes, crossing the land. A colleague told me these were the grid lines or meridian lines of the Earth. The significance of these energetics was not lost on us.

FLOWER HEALING

The flowers in this region represent the rhythmic system of man, such as circulation, digestion and respiration, along with our strong spiritual rhythm. It is this spiritual rhythm which will ultimately lead us to our fulfilment, for it needs to be realised (remembered) that we are a spiritual being in a physical body, not a physical being with a spiritual body. The strong white sun on the plants results in large amounts of the Earth's energy culminating in the flowers. It is this energy from the flowers that will balance and harmonise the planet.

The flowers are chosen after a period of meditation and self cleansing. I walk through the bush and allow myself to be led to the plant and flowers to be worked with for that day. After meditating and connecting to the diva of the flowers, I ask for permission before removing them. I also ask if it is the right thing to do to capture this flower essence on this day and only proceed when I receive a yes. The numerology of the day in which the tincture was taken is also included, as the energy of the day has an effect.

In flower readings, all aspects of the plants' environment, shape, colour, formation of leaves and general environment of the flowers are considered. To complete a flower reading we allow the flowers to communicate with us, by contacting the Deva or energy of the flower, to find how they can assist within our community. Along with the direct communications we receive I also use a book called *Flower Readings* by Suzy Chiazari (Discover your true self through the ancient art of Flower Psychometry).

COMBINED CONSCIOUSNESS

I like this quote from *Flower Readings* by Suzy Chiazari:

"To understand your flower you need to examine it with your inner vision as well as your outer senses. The best way to do this is by doing a simple visualisation which opens your 'third eye' – the brow centre that enables us to see beyond the physical and allows us to enter inner places."

This practise takes time to develop. It is like playing tennis. One doesn't learn how to serve without serving. I have used it in my work as natural therapists and, for myself, as an engineer. Clients are often amazed at how we know

certain things (for example, relationship problems) and how we know what herbs they require without a more formal diagnosis. Our response is that it is combined consciousness, which we can all tap into if we are open to it. With this comes a great responsibility to use information correctly and also not to tune into it unnecessarily.

Has the phone ever rung and you knew who was on the other end before you answered? This is you tapping into the combined consciousness. Within the combined consciousness is absolute truth – no philosophising is required. But it is wise to check this information. It is only one tool, the others being physical and mental tools.

I have even used combined consciousness professionally as an engineer. As a project manager for an asphalt company on a major road in Perth, my aim was to use an average of 300 tonnes per day, and anything above this would be a bonus. Although this should be achieved there were days when machinery would break down, it would rain, the work was too fiddly or other combinations of delaying events. Therefore on certain days when the going was good we would aim to use 500 to 600 tonnes. Part of my job was to send the following day's tonnage requirements to the asphalt plant by midday. I would walk and check the area to be laid the next day, look at the accessibility, read the plans and drawings and take into account other relevant details. I would then check this by tuning into the combined consciousness. One day I thought we could comfortably lay 400 tonnes the following day – but intuitively I thought we would lay just over 100 tonnes. I dismissed this thought and put in an order for 400 tonnes, but with some caution. I told the plant not to manufacture the whole lot, only 100 tonnes, until it received confirmation the next day. The next day both of the rollers and the paving machine broke down, and we achieved 110 tonnes. I became quite astute at using this combined consciousness and could accurately predict the tonnage of areas which were difficult to measure due to the undulating surface. On another occasion, I had put through the order and the asphalt plant manager rang the foreman to check this amount. The foreman said where did you get this number from. The plant manager said it would have come from Phil. The foreman responded by saying that if Phil said 135 tonne then that's what it will be. The quantity laid was 137 tonne at the end of the shift. I knew then that I was tuning in and achieving the level that I wanted.

APPLICATION AND TRIALS

The historic use of the plant, where possible, has also been taken into consideration. After establishing the properties of the essence, we investigated how the Aboriginal people of Australia and other herbalists used the plant. We used double blind trials where we gave the essences to other natural therapists to use on themselves and their clients. The following pages are a description of how I, and others around me, have experienced these flower remedies for their effect. The results are different for every individual. Each person is a unique specimen with his or her own unique life purpose and view on the world. Being in a dynamic universe, these views will change constantly. Therefore the healing energies of these tinctures will stimulate the individual's own natural self healing response. Please try and be as open as possible and allow the energy to flow.

As I have been working with these essences I have realised that I am only scratching the surface of their mass of qualities that they possess and that they are so much more than what can be put into words in a couple of pages.

To apply, firstly succus the bottle by tapping on the hand (both stock and dosage). Take seven drops of **dosage** under the tongue at least once a day – preferably more often. When using the **stock** strength place one drop on each of the chakra points and one drop under the tongue. Place a drop on the base (groin area), sacral, solar plexus, heart, throat, under the tongue, third eye (centre of forehead) and crown chakras. It is also good to place a drop at the back of the neck in the hollow below the occipital bone. It is best to apply this at the start and end of each day. This will stimulate your energy centres and initiate the healing process. The essences may also be applied to acupressure points and other areas of the body where there may be pain or distress or because you would like to treat a certain emotional/spiritual/physical ailment. For example the Honey bush may be applied to the liver area of the body (just under the ribs) or the liver reflex point on the foot. Silver princess is excellent for applying to the reflex points of the foot or any other acupressure point as it unblocks the meridian lines and initiates healing. It may also be applied to areas such as the neck when one has a stiff neck or to the head when one has a headache. As the essences operate on an energetic level and alter our subtle energy bodies it is my belief that one should take an essence at least every day.

THE FLOWERS

1) SILVER PRINCESS

Eucalyptus caesia

Family: MYRTACEAE

Other names: Gungurra

Description: Large eucalypt with long pendulous branches forming silver branches at the tips and red bursting stamens with yellow tips to form the flowers. The tree grows up and out, bringing up the cleansing energy of mother earth to flower down upon us. When making this flower essence there was a sea of life in and around the flowers with bees, ants and bugs.

Indication

Blocked mentally, physically and emotionally
Lack of enthusiasm
Feeling lifeless
Meaningless
Downhearted

End result

Unblocking of body, mind, emotions
Enthusiasm
Unblocked and energised energetics
Meaningful
Uplifted

This flower essence unblocks the energetic pathways to allow the individuals true energy to flow. This also applies for the flow of an individual's energy centre, organ or region in the body to flow and fulfil its intent. It can be quite pungent with a strong bite when first taken but will soften to reveal its floral side.

I have used this topically on the areas on the body with both stock strength and dosage strength and found it to work very well in unblocking chakras and energy zones of the body. It can aid in clearing sinuses and stress held in hands and the back of the neck when applied in these regions. Is excellent on all areas including reflex points and areas of the body where pain, stress, stiffness, general discomfort or blockages may occur.

This remedy has worked well in our practice when working with the disabled. We find that some cannot accept the energetics of essential oils when applied with an aromatherapy, reflexology or a reiki treatment. This may be because they are physically disfigured causing the energy lines to not function correctly thus resulting in localised build ups. The remedy is applied to the chakra or reflex point close to that region and the area clears. During treatments with our disabled clients they appeared to have a localised build up of energy and they would become distressed with some of them beginning to yell and lash out. When the silver princess is applied on their energy points, chakras or meridian lines the blockage is released allowing the energy to flow resulting in them calming down instantly. On other clients when undertaking aromatherapy massage the remedy has been applied to the dermatological responses and cleared them almost instantly. When used in reflexology it opens up and clears the acupressure points and meridian lines for greater effectiveness of treatment.

One of our clients who is a salesman began taking this essence. I did not know at the time but he was not doing too well at work. He began taking stock on his chakras and under the tongue morning and night. Within a week his energy levels had risen he had sold \$30,000 worth of product, was promoted and was feeling great. Both he and a friend, who also took it, felt more focused at work, less distracted and able to get on with their doing.

It unblocks areas to allow the energy to flow through the body, initiating healing. With this in mind it is excellent to use with other products such as essences, essential oils and herbs, which can easily enter the system. Generally, the mind, body or soul of the individual needs to be unblocked for the healing process to occur, so it is also excellent by itself. However, I highly recommend that if you would like to achieve a desired result with another essence, use this essence with it.

It is an essence that can be used as an ongoing thing, every now and then, to assist us as we constantly put blocks in our own way as we move forward on our path. I have used it intermittently to assist in this journey.

The Universe is a dynamic thing and therefore the path of an individual is forever changing and growing just as the blocks are forever being put in place. One's true inner substance or purpose is the true essence of an individual. When someone is vibrating at such a level, their existence is considered enlightened.

2) HONEY BUSH

*Hakea lissocarpha***Family:** PROTEACEAE**Other names:** Needle bush

Description: This bush grows low to the ground often in a single scraggly branch and sometimes in clusters making the appearance of one low-lying bush. This flower is one of the most fragrant in the Western Australian bush, with its encapsulating fragrance. In stark contrast the flower is protected by daggered shaped terete leaves which surround it.

Indication*Projecting a harsh persona.**Insecure**Projecting negativity**Resentment**More open interaction***End result***Softens the attitude**Protection, secure and feeling safe**Projecting positivity**Guards the sacred self*

The flower is surrounded by spikes. It is as if one has to get through the prickles to get to the flower and aroma. It is similar to individuals who project a negative or harsh attitude to protect themselves.

When I first took this essence under the tongue it appeared to sting with its terete shaped pointed leaves ripping away at the soft layer of skin under the tongue. But on further dosages, the warm very fragrant flowers revealed themselves leaving a warm almost luxurious feel under the tongue.

Prickly attitude or harsh reaction is used as protection/defence mechanism to protect our soft centre. This essence softens the attitude to show the soft centre is safe. It assists the individual to realise that one does not need a spiky attitude to protect the inner sacred self. It gives strength in the now and seems to offer a protective shield assisting the individual to feel safe and remove the prickly attitude to enable them find their true aroma/perfume or note/song.

It assists the individual to clear the emotions of anger and resentment. I find this essence extremely useful when doing a liver cleanse. During the cleanse one starts to struggle with the release of all the toxins and emotions. This essence seems to calm me down and makes it much easier to cope.

One of my disabled clients is very suited to this essence. He is a 55-year-old man who loves to get up everyone's nose. When I first began treating him he scared me because of his strength and attitude. He would cruise around, tip other client's drinks over and act in a non-cooperative manner. He was very loud, liked to bang his head on couches and rip up my towels. When using this essence on him he would begin to smile, laugh and his true personality would begin to shine through. I went from being fearful of this man, not knowing what he would do, to caring deeply for him and enjoying his company. Our sessions, instead of being difficult, are now filled with joy and hugs.

3) MANY HEADED DRYANDRA *Dryandra polycephala*

Family: PROTEACEAE

Description: This plant has a beautiful yellow flower with no petals but thousands of yellow stamens. The flower is surrounded from the base and sides by leaves serrated with spikes. It is a shrub to small tree which grows in groups to about 3-4m tall making it difficult to walk through the bush and impossible to reach some areas.

Indication

*Under confident expression
Too soft to too protective
Allows themselves to be treated as underdog*

End result

*Aids expression
Drawing one's boundaries
Uplifts and empowers*

This assists in drawing one's boundaries so we don't allow others to over step them. This flower essence assists in bringing inner harmony, peace and balance by helping to connect feelings and emotions with the throat and express them. This changes other people's reactions around you.

It can assist those undertaking singing by allowing more open and flowing verbal expression. It is also suitable for those who have problems in the hips, ovaries and intestines as well as the throat area. It stills fears and anxieties so that we can build up our trust in the divine and gives independence and protection against negative influences by providing a protective shield for the mind, body and soul. It gives one the strength, control and restrictions needed in normal life.

I put myself on a regime of taking this essence at least twice a day. I noticed the communication between myself and a particular individual opened up. Since day one of our relationship we had not got along. Both of us had made efforts to get along better but the communication had always broken down. While taking this essence I noticed that my communication with him was clearer and more to the point. This was reciprocated with him also communicating better with me. When I felt like things needed to be said the communication flowed better and ultimately seemed less harsh, leading to a better response from him and ultimately a friendlier atmosphere.

When used on a client's back, mainly on the trapezius area under the shoulder blades and on liver and kidney area, the client jumped and said "not so hard". I attempted to drop the 0.036 gram of essence as gently as possible. The client had a major problem with setting boundaries. The boundaries of an individual are often overstepped in childhood, something which is a difficult process to repair because it can be passed on and inherited. This client jumped and physically fought against the essence, signifying to me that we needed to pay more attention in this area of drawing the boundaries required in normal life. But it also showed me that the client was not ready to address this area of her life at this stage. This is a common occurrence when undertaking this type of work. One has to be at least wary of this and be sensitive to where the person is with a particular issue.

4) CUT LEAF HIBBERTIA

Hibbertia cunieformis

Family: DILLENACEAE

Other names: Guinea flowers

Description: These are beautiful fragile five-petal yellow flowers growing low to the ground in small spindly bushes with brown-red branches. The flowers glow yellow/gold within the surrounding bush standing out with a fantastic display. The petals make a heart shape when the flowers fall on the ground.

Indication

Intellect disconnected from heart

For those who need love

Allows expression of heart

End result

Reconnects the mind with the heart

Balances heart chakra

This flower essence is soft and supportive, relaxing and warming and assists by reconnecting the mind with the heart. It is for those who are stuck in the intellect and can't bend, or won't listen to their heart, once they have intellectualised the path or actions to be taken.

It opens the psyche from a disjointed mind. In general, because of our education we operate from our intellects instead of from the heart. This essence helps to integrate our hearts into our minds so we can increase the perspective from the heart. The mind can create many negative attitudes towards others and ourselves but when we come from the heart we find more freedom and abundance in every situation.

It assists us because it allows our hearts to come through in everything we do. It means we will not approach things half heartedly and allow problems or blockages to overcome us. The mind can create these blockages, slowing us down and keeping us where we are, not allowing us to move forward.

Once, when assisting a reiki course as a master, I got extreme pain across my shoulders and neck. My reiki master told me that it was due to my heart. The pain was severe so I thought it would take a while to ease. I used rose and sandalwood essential oil and all my other techniques but only succeeded in easing the problem. It then spread and encompassed my shoulders, left chest and upper back. I decided to try the stock strength Cut leaf hibbertia essence on that area. It relieved the pain immediately. Its soothing action is difficult to describe but it was like putting deep heat on a bruised area but stronger. My stiff neck and pain was gone and I felt more relaxed and happier within myself. I started to enjoy the stress and tension in my life and coped with it better.

5) PRICKLY MOSES

*Acacia pulchella***Family:** MIMOSACEAE**Other names:** Acacia – name used by dioscordes for some prickly species grown in Egypt; from ‘acis’, a pointed instrument.**Description:** This flower essence was captured from a tree about 3m high. On the drive to my farm that day I saw a fantastic display of wattle trees standing out everywhere along the road and at the houses in the area.***Indication****Hidden or suppressed creativity**Hidden or suppressed expression****End result****Aids expression of creativity*

This flower essence aids us in finding our creativity that has been hidden or suppressed within us. This may have occurred by criticism or intimidation by others or some perceived authority and therefore we shut down our creativity or stop being creative in fear of similar criticism. It works from our centre expanding out and aiding one's self to come out to express and create, with love.

This essence is very energising it is also good for clearing up the sacral chakra which is our creative centre and also the lungs for getting things out.

On a personal note, from the ages of 12 to 16 my artwork was criticised and I allowed my artistic creativity to be suppressed in fear of further criticism. Taking this essence has allowed me to find my creativity again and get it out. You would not be reading this without it.

I had spent hours searching, feeling and looking on the day that I made this essence. I walked for miles through the bush and to my amazement I found it growing on my property. Seven years after purchasing this land I did not realise that it was there, but there it was. It just goes to show that the things we need are right there before us and all we need to do is open our eyes – take off the shutters, and all that we require in this world are then presented to us.

When I was about 16 I was in an English class at high school and not doing very well. The teacher came in and stood at the front of the class and held up two essays. “I have taken copies, for each of you, of two essays. One is how to write an essay and one is how not to write an essay.” Of course the how not to write an essay was mine. Although I think this event did not affect me too negatively, it had an effect. Needless to say I was not confident in writing. On taking this essence both my drawing and writing began to flow. It did not start as a flood but it did come out and grew. I drew pictures of the flowers that night which turned out a lot better than expected. The writing started slowly with little pieces at a time but grew more and more as I kept writing.

6) FLANNEL FLOWER

Tribonanthes longipetala

Description: This is a small six-petal wildflower with a succulent type leaf. The flower has a six-point yellow star in the centre made up of the stamens. The petals, stem and small leaf on the stem are covered in soft white fluff. The underside of the petals has an indigo-violet coloured stripe up the centre. I have attempted on a few occasions to identify this plant but I had not had any success until mid 2006.

Indication

Closed off
Victim emotions

End result

Third eye perception
Nurtured

This flower essence represents the mastery of time by assisting us, and providing comfort, while seeing through the veil of time. It extends self for further perception and allows correspondence with inner love. It operates at the highest vibrations at the third eye and crown chakra levels assisting us in releasing emotions and seeing them for what they are, while being able to maintain our centre. It offers a cushion of support while going inward and enables inner knowing through creativity and third eye perception.

The chakras of the body are the energetic centres of gravity, so to speak. People who are short and stocky have an overall lower centre of gravity compared to a tall person, and it is harder to knock them off their feet. Our centre of gravity (energetically speaking) is the heart which has three chakras below and three above it. Our belly button is where life began through the umbilical chord. The centre of our palms is where a spiral of energy comes out: the right hand spirals clockwise and left spirals anticlockwise. It is said that energy can run out of the right and into the left.

In basic terms the body is made up of a structure, blood, vessels and pump, organs, glands and lymph with the tubes and nodes. Many of the reflex points and energy centres (major and minor) are located where our glands and lymph nodes are (the chemical areas of the body). They produce chemicals that are distributed throughout the body by the blood and stimulate other glands and organs releasing further chemicals which adjust digestion, the brain and nervous system and other hormones. When one applies heat (such as in a massage and with reiki) or another energy type or one adds a chemical, such as an essential oil, it alters and stimulates that gland and chemical. In Chemistry experiments when a chemical is in a tube it is usually inert. Another chemical or energy source (heat from a Bunsen burner) is added causing a reaction. This reaction then produces heat and other chemicals, releasing them into the environment. In the human body, a gland contains chemicals. When you add another chemical or energy source a reaction takes place, releasing chemicals and heat into that part of the body. These chemicals are then distributed throughout the body to other glands, organs and the brain. This then stimulates these areas prompting change physically, mentally and emotionally.

Base charka: *Centre of groin organs, prostate gland, testicles.*

Sacral chakra: *Lymph nodes and nervous system nodes, ovaries.*

Solar plexus: *Liver, stomach, gall bladder, pancreas, adrenal glands. Large and small intestines link the sacral and solar plexus.*

Heart: *Heart, lungs, thymus.*

Throat: *Thyroid, oesophageus, larynx.*

Third eye: *Brain, eyes, hypothalamus (master gland), pituitary gland.*

Crown charka: *Upper brain, link to the divine.*

All of these areas contain lymph nodes. All of these chakras are linked and paired - crown with base, third eye with sacral, throat with solar plexus and heart with heart.

When one stimulates the chakra – the energy centre of gravity of that region – it stimulates the organs, tubes, glands, chemicals, hormones in that region which in turn flow throughout the body. It's a good idea to stimulate

these energy centres at the start of each day. Once they are kicked-started, an intelligence takes over and the organs and glands are ready to begin the day to stimulate or subdue chemicals or areas of the body as required.

This essence works on the third eye and crown chakra levels. It has the energy required to stimulate the brain, hypothalamus, pituitary glands as well as the crown – connection with the divine. It also has a paired affect with all other chakras but especially the base and sacral chakras. The pituitary gland is said to be for our third eye view. This essence stimulates these areas of the body to enable us to see through the veil of time into the etherical realm. It stimulates the brain for comprehension of what we are seeing. It stimulates the crown chakra to open up the channel to the divine. It also stimulates the paired base and sacral chakras to enable the individual to be grounded (supported) during the event and also creative while in the etherical realm.

We all have the gift, ability to perceive things in the etherical plane with our third eye and to comprehend with our brains. The gift just needs to be nurtured. This essence helps to stimulate and open up this area of our body (life) and support and nurture it.

7) WHITE IRONBARK

Eucalyptus leucoxylon

Family: MYRTACEAE

Description: This essence was made from a beautiful, but scraggly looking, tree with magnificent flowers. The flower is brilliant red, fading to pink and white. It has a very succulent looking style in the centre. The flower is like a flame going out from a single point of ignition. This tree originated in South Australia but can be seen in abundance around the streets of Perth.

Indication*Negative thoughts and emotions**Mental chatter**Being burnt***End result***Cleansed mind**Clear mind and vision**Clears and refreshes the aura*

This flower essence represents the red candelabra – the trinity – to maintain the heart's fire. It promotes the ability to listen to the spirit. Its red stamens burst out like a flame from a candle holder to cleanse and purify our minds and emotions.

It is a good essence for public speaking and teaching, assisting the individual to remain strong, with a strong voice, and being able to speak from the centre. When an individual is in a difficult or challenging situation, such as when placed in a position of focus in the public arena, it can be easy for the individual to get caught up and get carried away in the emotion of the crowd at the event. Or take on the emotion of the crowd. Whether they are positive or negative emotions coming from the crowd it doesn't matter. It enables the individual to maintain its focus/centre and clear mind when placed in these situations. One can appreciate the crowd but not take on the emotions and maintain ones centre.

It helps us to keep the ego in check because it releases held emotions or ideas which keep us rigid and inflexible. These emotions and held ideas, along with the ego, keep us in a fixed state and rigid when in new situations. This essence helps us to approach situations with a fresh outlook.

It helps us to cleanse and purify our mind and emotions which are used to create our own environment. The more positive our mind and emotions, the more positive our environment and vice-versa.

8) TEA TREE

*Leptospermum podanthum***Family:** Myrtaceae

Description: This tree was in a dry environment with a dry looking trunk and leaves and appeared dry in all aspects apart from the flowers. The flowers although small (just over 1 cm in width) appeared to be voluptuously bursting out looking strong, succulent, moist and full of life.

Indication

Inflexible
Base chakra driven

End result

Flexible with life's dance
Adds fullness and beauty to the crown
Sensualising

This flower essence assists us to our dance with the music of life. It helps by adding fullness and beauty to our crown chakra and giving the crown chakra structure and connection with our higher self and the physical form.

To do our own dance of life we use the music of life... to dance anywhere, anytime or all the time. When we are at work we are dancing. The music of life is playing all around us all the time, through nature. It is up to us to do our dance of life not to dance another's dance but to dance our own very special individual dance of our life at this particular moment in time. This dance, I believe, comes from the divine and it is as if it is our responsibility to bring this dance, this music of life, into our life and feel it, live it and dance it.

In one of my engineering project management contracts, I had a daily plan – but always developed so that it could be thrown away at any stage to meet unexpected circumstances. I was the manager of the project and also the work crew, and by doing the life dance, good relationships between the work crew and the client flourished. We achieved excellent production and a quality that was rated by some as the best road finish (ride ability) in Australia. Test results of some sections later confirmed this.

It has a yin/yang effect on the paired base chakra, helping us to realise that to achieve fulfilment in our lives we need to be more driven by our crown chakras than our base chakra. The essence seems to be sensualising and is a very pleasant one to take.

9) MARRI TREE

*Eucalyptus calophylla***Family:** Myrtaceae

Description: The Marri tree is a very large powerful looking eucalypt. This particular one is over 20m high and 20m wide. It has a large trunk with strong branches which cascade to the ground with a mixture of leaves, white/creamy flower clusters and honky nuts creating a beautiful canopy. The flower appears creamy but is in fact white with the abundant pollen giving it its creamy appearance. The nuts produced seem uncannily bigger than that which would normally be expected from the small flower.

Indication*Judgemental**Internally blocked**Hate**Manipulative****End result****Spiritually connected**Digestion and expression of ideas in the earthly expression**Love**Accomplishing the impossible*

This tree represents authority. It has a massive connection to the earth giving it a strong centre enabling the branches to go out, and express themselves through the flowers. On the day on which this tincture was taken the flowers of this tree were out in abundance. My reiki master said she was amazed and they had never flowered like that before, on that particular day. When making the essence the bees and ants were both very busy above and below respectively with a buzzing over head and rustling underfoot.

Aboriginal people would put the tree's sap into a drink to cure digestive upsets. This sap probably worked on the digestive upset and its emotional cause. To us, the tree represents the connection between heaven and earth, yin and yang, play and work, spirit and industriousness, honey of life and discipline.

The essence assists one to realise that we are our own authority and can only be thrown from our true course or dharma if we allow it. It helps us to get in touch with our deepest psyche and realise that any hindrances or confrontations are just show so go forward. It works on the digestive system that connects our spirit, mind, heart and emotions to our earthly requirements and obligations.

It aids in the digestion of ideas to come to a more complete understanding of an event. Authority requires a balance between physical and spiritual tools one acquires on the path, to complete the manifesto of this spiritual being with an earthly expression. Thus the spiritual work fulfils its obligations and nourishes itself in the physical expression.

This essence helps us to realise our judgemental tendencies and fears. In today's society, manipulations caused by people's quest for power is the biggest hindrance to our evolvement. Until everyone realises that the power is not in controlling, but in allowing and assisting others to empower themselves, we will find ourselves stuck in this never ending battle that will ultimately lead to our downfall. Forget the search for power: drink from the elixir of life and live your dreams.

10) LEMON SCENTED GUM

*Eucalyptus citriodora***Family:** Myrtaceae

Description: This tree is a large straight tree with smooth dimpled trunk and presents itself beautifully, standing tall and strong. The main branches weave their way up majestically from the trunk with folds and ripples. This tree originates in Queensland.

Although the tree is magnificent in appearance and holds a real presence on the farm, it is its aroma which is most spectacular. The flowers, bright white/yellow, are profuse creating a fantastic display and aroma, leaving the ground around it covered in buds, caps and stamens. The aroma is intoxicating as one goes near the tree. Ever since using the essential oil in aromatherapy, in 2000, I have wanted to make this essence but the time was not right. This tree is grown in Western Australia, but is a native of Queensland.

Indication

Toxic
Weak (low energy)
Anxious

End result

Cleansed
Strength
Calm (in the now)

The essential oil of this tree is said to have bacteriostatic activity towards staphylococcus because of the synergy between citronellol and citronellal. As such it arrests the growth or development of bacteria. It is used in some hospital air conditioning systems to stop the spread of airborne bacteria. The aroma is a combination of eucalyptus and lemon, which are both very cleansing, uplifting and fortifying.

This flower essence penetrates and works on our more subtle energy bodies and has highly transformational vibrations. It cleanses one's mind and emotions. Things – physical and spiritual – appear fresher, brighter and clearer, so one can see them properly. It clears the “Dross”, (waste material; rubbish, impure) negativity and held/stagnant chi within the body and around objects and thoughts, allowing one to move forward. The essence helps people to see things for what they are. It provides a clear mind – calm, serene and happy. It is also excellent for giving the house environment a cleanse.

It affects the 7th chakra of knowledge, enlightenment, spirituality and creativity. It assists the brain, CNS and pineal gland. It leads to peaceful contentment, integrated life, enlightenment. It stills fears and anxieties, allowing us to build up trust in the divine and helping us to drift peacefully through difficult times. It can assist those with mental imbalances.

Toxins and parasites can affect the body's many systems. This essence assists us to cleanse toxins and parasites. This essence will cleanse the mind and subtle bodies, returning power and providing a cleaner body, mind and emotions. Any level of fatigue can be caused by high toxicity levels in the body due to the body having to deal with these large amounts of toxins and not being allowed to get on with its doing. This essence will assist in the cleansing process and is one of the the most important essence made at Toodyay.

One of my clients suffered chronic fatigue syndrome for a long period of time and was struggling to do any work let alone get out of bed. I suggested many things such as psyllium husks for fibre, the liver cleanse to clean out his liver, green clay to cleanse and energise, the lemon scented gum essence and various other detoxification processes. He began with only the Lemon scented gum and within two weeks had a greatly improved energy, was back at work getting up at 5:00 am and is looking forward to getting on to the rest of the treatments.

On reflection, my involvement with the Lemon Scented Gum tree began at birth when my parents, both very religious and spiritual people, planted a tree each for myself and my older brother. As children we use to play around and jump over the trees, and as they grew we would climb them. The tree that was planted at my birth was the Lemon Scented gum. When I was 21 my parents cut it down, much to my displeasure.

My English-born father was an accountant. He worked for the Australian Taxation Office and achieved the level of Assistant Commissioner. He had many struggles to achieve this level. I described him to my friends, who were studying Buddhism and other religions, when I was in my early twenties. They described him as a modern day Yogi because of some of the things he said, his philosophies on life and his daily practices. When I was about six, at a lunchtime gathering of uncles, aunts and friends at our house, my father said that he often found it relaxing to go outside and smoke a cigarette under the Lemon Scented gum tree and think of nothing. He said (as is my recollection) that this would quieten his mind. He found this to be extremely relaxing and shared this with the group at the table. This would release any stress that he had, as he had many with a young family and a low paying Government job. As is my recollection the group of uncles and aunts ridiculed him and the whole thing turned into a joke. I believe he was trying to impart some sort of spirituality on them. I can remember the feeling I had. Above all it was of compassion towards my father, as well as embarrassment that a child feels when their father is being ridiculed. But he stood by what he said in the face of ridicule. This essence can help in these situations to maintain strength and to cleanse the negative.

11) BLUE GRASS LILY

Agrostocrinum scabrum

Family: Liliaceae

Other names: False blind-grass

Description: This grass like plant, with three slender leaves lying on the ground, has a magnificent blue flower. The dainty light blue petals, with three darker lines up the centre of the petal, seem translucent as they present themselves. On closer inspection, with this as a backdrop, the stamens are mesmerising as the filaments; the yellow-gold spherical anthers appear like astral bodies orbiting the centre of the flower. After flowering the petals become twisted resulting in a tight spiral exaggerated by the lines up the petals. The spiral of the petals suggests a movement of energy outwards from the centre, or soul of the flower. It indicates a time of great personal growth and upliftment.

Indication

Poor communication
Untruthful communication
Relationship problems
Over sensitivity

End result

Good communication
Truthful communication
Better understanding in relationship
More rational sensitivity

This flower essence helps us in our communications that occur within relationships. It assists with both communicating more clearly and understanding what is being communicated to us by others. It would be good for two people in the relationship to take. It helps the individual to rationalise both what they are saying and the communication that they are receiving. It is for those who have frenzied and scattered thoughts not being able to put them into focus. It calms, centres and grounds the person bringing the person into alignment.

When one person speaks to another there can be a total of five different messages.

These are:-

1. The message the speaker thought he or she was saying or giving.
2. The message he or she actually said.
3. The message the listener thought he or she was hearing.
4. The message the hearer actually received and
5. The message he or she wanted to pass.

It is essential that we learn to reduce confusion and misinterpretation when we engage in conversation. Inappropriate conversation can be very damaging at critical times or if the people are oversensitive/irrational to what is being said when the above takes place. This essence can help by helping us to understand what is being said, and to reduce the confusion and misinterpretation. It will aid in clearer delivery of messages and helping us not to be oversensitive to the messages given to us. We need to realise that the person might not have said it correctly or that we have misinterpreted it.

This essence does not desensitise us but heightens our senses and helps us to understand them in a rational manner. It aids in bringing the individual into the now and to slow down, peacefully, to see what is going on around them and to become more aware of their surroundings.

It can be difficult to communicate truthfully in our relationships with both our loved ones and friends, as well as professionally. This can occur because of a fear of being misinterpreted. These fears need to be dispelled so we can put issues into perspective and see our lives more clearly. This essence can help us with this. It can help us in times when we need to communicate truthfully when we know that the other party is not going to receive it favourably. This can occur when communicating with friends or with clients. We can sometimes find ourselves in a position when the person we are talking to is doing something which is detrimental to their well being. People who smoke,

take drugs or medication to get them through the day, or if they are overweight and keep on overeating we should not tell them it is OK to do that, because it's not. Therefore, this essence is good when we find ourselves not speaking truthfully or being false.

12) SUNDEW

Drosera glanduligera

Family: Droseraceae

Description: This plant is a small, herbaceous insectivorous plant with shining sticky hairs that glisten in the sun on leaves that capture small insects. The leaves then digest the insects. The small five-petal orange flower gleams in the sun like a fluorescent light with metallic speckles. Although this plant is very small (leaves of 1cm in diameter and flowers of 0.5cm in diameter) it is a very striking plant when one gets close enough to see it. Since coming to this property since 1996 I did not know it was even there. The leaves are oval shaped and appear hollow in the middle with its shining sticky hairs beaming out like rays.

Indication

Depressed
Unsociable
Ungrounded and unbalanced

End result

Uplifted
Socially integrated
Grounded and balanced

This flower essence is for achieving your goals. This essence works with your creativity, integrating it and moving it forward through life to achieve a goal. It is an excellent one to take with prickly mosses, which is for finding creativity that has been hidden or suppressed. It is also for people who have gone through shock or another similar event which has got them over-excited and causes them to fly off with the experience. It grounds the person.

It is an excellent essence for moving through and digesting emotions, making it good for people who are depressed or who are on antidepressants. It assists with the movement of digestive juices, saliva, liver, gall bladder, jejunum, duodenum and small intestines to break down fats – stagnant chi to allow the flow of energy. It helps to move out what is not required and break them down, so what is not required is expelled or pushed aside and what is required, for your optimum journey and function, is put into use – not just stored. Just as one needs to do a liver cleanse to remove all the fats and potential gallstones, one should also clear out the stored emotions which come with that. In Chinese medicine they consider the liver area as the area where emotions are held. This essence helps us to cleanse the liver and assists the adjacent and surrounding areas of the body (the heart and lung area) to be cleansed and purified, and to flow onto the lower levels of our digestive tract.

The liver cleanse, as written by Hulda Regehr Clarke, Ph.D., N.D., explains that the ducts within the liver and around it become blocked with calcified stones. As these stones are porous they collect bacteria, cysts, viruses and parasites that are passing through the liver. They also block the tubes putting pressure on the liver causing it to produce less bile. With gallstones much less cholesterol leaves the body, and cholesterol levels may rise. Cleansing the liver of gallstones dramatically improves digestion, which is the basis of your whole health. You can expect your allergies to disappear, too; more with each cleanse you do! Incredibly, it also eliminates shoulder, upper arm, and upper back pain. You have more energy and increased sense of well being. Cleaning the liver bile ducts is the most powerful procedure that you can do to improve your body's health.

Many people cleanse with herbs, which is good because it cleanses the bacteria and parasites in the system and provides valuable rejuvenating building blocks. However, these type of cleanses do not remove the gallstones. Because the liver is the detoxification area of the body, collecting toxins and fats.. This liver cleanse builds up pressure and lubricates the tubes to allow the stones to pass, thus removing blockages from the liver, aiding its function and allowing the energy to flow better. I would recommend everyone should do this. I have done 15 of them and have removed thousands of these little green stones up to the size of an olive pip.

The essence Tri-dagger Hakea and the Sundew are excellent for assisting in this cleanse as they help to remove the held emotions that are released during the cleanse. It has an effect on the physical body relating to our emotional state. It will assist us on our pathway – keeping us on track without allowing emotions or past experiences to get in the way. This flower helps to protect you emotionally allowing you to heal from within. Your new glow of health

and positive attitude will be experienced by others changing their reactions around you. Your passed experiences and held emotions can assist your mind to create a story which can lead to the creation of fear.

Orange coloured flowers are universally regarded as bringers of joy and mental upliftment and, as a result, are wonderful antidepressants. They encourage sociability and communication within relationships. The life theme of orange is one of social integration.

This essence helps people to clear out the past. Held pain may stop you from doing your thing. You are not your problems – you are far beyond it. You need to go beyond the layer of pain. It is refreshing for the mental and emotional bodies.

13) CAPE TULIP

*Homeria miniata***Family:** Iridaceae**Other names:** Salmon Homeria

Description: This plant is classified as a noxious pest in WA due to the stomach upsets it is claimed to cause in cattle. But it is a magnificent flower all the same and important for this range. When making another essence I felt a very strong pull to another area on my property. The pull was immense and led me to this flower. It is a two leafed plant that has a beautiful apricot/pink six-petal flower, with the centre a patchy yellow and green leopard skin appearance.

Indication*Belligerence**Stuck**Heartache****End result****Peaceable**Uncanny leaps forward**Harmony*

As we move forward on our paths it is this essence that allows us to receive the rewards offered and to see beyond the path to the realisation of greater creativity. In this new century of the Aquarian age, we can create and manipulate our present and future destinies with our mind and desires, while working with our spirit and heart.

We are not locked in to a predetermined path. We have a choice and a creative force to do what we truly want (in our heart and souls). This essence has shown me my current mental state as I believe I am following my life purpose but need to become more involved – more creative in its happening. This essence has a strong link to both the Sundew and Prickly Moses in uncovering our suppressed creativity, integrating it into society and then expanding upon this and to vibrate out of our chains into a new destiny.

It is for those who are hurting in the heart. The person is so hurt in the heart that they cannot speak and share their intimate feelings and thoughts with many people. This essence gives them the ability and courage to communicate these feelings.

It is also good for dreams. During the day the head rules and at night the heart rules. It helps to combine the heart and mind to understand our dreams.

This essence helps us to see the illusion of life and enjoy it. Many spiritual talkers discuss how life is an illusion and many things that are around us in this life are illusionary – like wealth, work, success and popularity. But we are in this life – in this illusion – so we might as well enjoy it.

This flower essence is for those who suffer from belligerency. From the World Book Dictionary: *belligerent* – **1.** *fond of fighting; tending or inclined to war ; warlike* **3.** *Having to do with nations or persons at war.*

We are currently living in an age where war is being waged. The war against terror. Although this is happening in other areas of the world we still feel the effects and are involved. This major war is a representation of what is happening in our lives on different levels. We need to look at our own lives and our relationships with those around us, at work and personally. Are we fighting within ourselves or with those around us? Many people are stuck in situations that are warlike. They begin to feel frustrated, get heartache, feel manipulated and are beginning to wither. This essence will help us to see this and stop us from withering under the pressure. It will enable people to break free from their chains and create their own new destinies.

14) SALVATION JANE

*Echium plantagineum***Family:** Boraginaceae**Other name:** Patterson's Curse

Description: This plant has become naturalised in Western Australian, but it originated in Southern Europe. It is now widespread in the south-west of WA, unfortunately taking the space where native wildflowers would be.

It has a beautiful purple/blue flower creating a magnificent shade over the fields where it grows in abundance. I believe it is good for the soil structure as it provides an area for micro organisms and worms to live. It is said that the soil where the Salvation Jane grows has seven years of seed stock in the ground. Therefore to eradicate it one would have to spray chemicals several times a year for seven years. This would have far reaching destructive affects on the health of the land, micro organisms and the people in the area. In my determination to work with nature not against it I will not spray – I'm sure there is another way.

Indication*Preconceived ideas**Argumentative**Defiant**Low vibration***End result***Open to new ideas**Assent**Respectful**High vibrational mind set*

This essence helps us by the divine stepping in and creating the balance that is required. It starts at the base chakra and goes right through the energy lines, expanding all chakras including the minor chakras such as the feet and hands. It brings in high vibrational energy. It raises the vibration to be tuned into a higher consciousness energy of unconditional love. It helps with channelling and intuition. It moves people out of the mundane state of life. It throws people into spirituality and helps us to remember to seek and to ask for help on the divine level. We forget to ask – it is there waiting – a reminder to knock on the door.

“And so the myriads of time
Come to those who seek and find
Churches and steeples, rose water, rivers of time
Speak of the truth that you now find
As above, so below
So follow your wisdom shared for all to grow
As your memory unfolds the written words flow
The love we share like a tree will grow
Fruit is eaten, seeds may fall
The wisdom grows anew, we learn much more
We congratulate you for your efforts.
We are by your side like the wind, unlimited and fuelled by love
So be it”

The above quote was channelled with Trish, Gaynor (both fellow Reiki masters and friends) and myself. Thank you very much girls.

The essence opens up people who have been closed off emotionally and communicatively. We all have preconceived ideas about life, love and happiness that have been inherited and learnt. We need to rid ourselves of them because they create disharmonies in our lives.

Once we release ourselves from our preconceived ideas it frees up the mind and the moment to allow the individual the freedom to live and learn from each situation.

It is extremely helpful when applying this thought process or mind set when entering situations. It frees the mind and situation up, frees the moment for more open communication. Using the essence will free the energy between you and the other party if you go into the situation without any preconceived ideas. The mind is a powerful thing. You do not need to be on your guard for emotional or verbal attacks.

The mind and body need to be freed and will react appropriately to perceived threats. The mind can create and instil fear. These situations may be a business meeting and you might think they will not like your proposal or as a contractor submitting an invoice to the client. Don't let your preconceived ideas create the negative as it will affect the situation.

I see preconceived ideas as detrimental to our growth and development. I believe by writing this book that I am creating preconceived ideas about each essence. Someone might think that they need an essence, read about it and thus create a preconceived idea as to the outcome prior to taking the essence. It would be better to have no idea as to the outcome and to just allow the essence to work without the brain hindering or limiting it. Every individual is different, and although we have similar problems because we live in similar ways being affected by similar toxins, we are essentially different and therefore the reaction or outcome to an essence is an individual thing.

When we realise this within ourselves, a time of great personal growth and upliftment can begin. This will create a positive rhythm in ones life leading to extension, evolution and continuity.

This can be associated with the plant itself. It is classified as a weed and I know that the farmers general reaction to it is "bloody Patterson's curse" with arms folded across the solar plexus.

15) SCARLET PIMPERNEL

*Anagallis arvensis caerulea var.***Family:** Primulaceae (Primrose family)

Description: This plant is naturalised in Western Australia, but originated in Europe. Its properties are still well suited as to being an essence in this range and one I am very interested in, as I am with all the others. It has been a very popular plant over the centuries for their brilliant flowers of blue, scarlet and lilac, though their significance has faded with the years. This particular type has a brilliant deep blue petal with scarlet in the centre of the flower and the medial portion of the petal. It is the scarlet type of the Scarlet Pimpernel that lent Baroness Orizy's hero its name.

*'No heart can think, no tongue can tell
The virtues of the Pimpernel.'*

Although the above quote is true I have attempted to put into words what this essence is for. Early herbalists thought that the qualities of this plant were beyond what our hearts and minds could understand and explain, because it works to promote a level of higher consciousness. When working this essence up I had three pages of writings/channelling with the flower, and felt that I had all the words that were required to describe what it did. I was set to put it into the computer but could not. For three months I could not finalise its attributes. I investigated the Scarlet Pimpernel in all the ways that I could think of. I watched the movie series and felt that it added a style but it was still not ready. It gave me the style to write it in. He expressed himself fully, for all to hear, with style, a smile, and charm. This essence is for this – to be the Scarlet Pimpernel. Of course, you are still yourself but you will have the Pimpernel's flair, charm and poise. But I still could not finalise the writing. It wasn't until I came across the above quote that I realised why this was.

Indication

*Resentment and anger
Withheld communication
Living life as a charade*

End result

*Release
Open communication
Truthful expression
Creative tool*

This essence is for those people who suffer from resentment, anger and deep hurt. It helps to release the holding of grudges and resentment. It is good for people who need to have the strength to stand up for themselves and is particularly beneficial for those who are too compromising and complacent.. It helps to give courage, to help the next step in the journey, to stop being bullied and to cleanse the hostility which is so often held in the neck at the base of the occipital bones. It unblocks this area to enable better communication of thoughts.

It is for open communication and a link between the physical, mental and etherical. It links the throat, third eye and crown with the lower parts of the body.

The essence is used for a blocked or held neck which is an area that links the throat chakra to the third eye. It can also be used for third eye perceptions, for those who overeat, to assist us in just taking what we require and to be quiet and thankful for what we have.

It makes us energetically aware of our own energetic planes and of those in the etherical world. It can assist the individual in making decisions not just based on the physical outcome but the etherical also. One may build a house and make sure that it has a floor, walls and a roof and think that is all they need. But you need to look at the placement of windows for summer and winter sun, colour, water features, chimes and other things that make a home. Although these are not considered etherical they do improve the energy of the zone and thus improve the energy of the etherical plane also. Our thoughts and emotions are projected, and our negative thoughts of a person affect that person and oneself.

This essence takes time to work but it cleanses the throat chakra to aid in truthful expression. Its physical application under the occipital bone is especially good in that area.

Many people have poor postures from slouching usually because of low energy or insufficient energy levels. Sitting at computers lowers one's energy. This is compounded by the fact that humans are losing their magnetism. In the early days astronauts used to have a longer recovery period when they came back down to Earth because they had not been exposed to the Earth's magnetism at sufficient levels. Now they are fitted with magnets and infrared suits to help keep their magnetism levels up. Their recovery times are very short. For some reason this is happening to all of us on a small scale.

Electrical pollution put out in large modern cities can cause a loss of energy. This loss of energy can cause postural problems with a poor seat or a poor location of computer screens. This usually results in a sore or crinked neck and could result in years of held tension and weakness in muscles and tendons. Also, blocked meridian lines cause blockages and build ups.

This essence helps the energy to flow, creating the link between the throat (expression, communication) and the third eye (brain – imagination, truth). This essence helps to focus the healing energy of angels and release this area. Because the stress has been there for years it may take sometime to repair. Held tensions and stress also hold toxins, which will be released once the essence is taken. The body needs to remove them, which will require a person to drink three to four litres of water each day. Herbal teas and lemon water will also help.

When taking this essence I could not sleep. The second night I went to bed at about 11 pm and at 2 am I was fully alert. I was not worried apart from that I had a few clients early the next morning. It seemed to awaken my senses and they felt very clear and clean.

The essence's lightness and cleansing encourages feminine intuition and self expression so that you can vocalise your feelings in a non-aggressive way. It helps develop hope and trust, especially if you have lost faith in yourself and others. It links the spiritual worlds and the life themes of growth, maturation and ageing. It also indicates issues revolving around the child and parent relationships and the finality of dying. It works very well on the rear third eye point located at the hollow at the base of the skull between the occipital bones. It had a strong effect on the physical body.

The plant was much used as a cosmetic herb, once had a great reputation in medicine and was used as a universal panacea. The Greeks used it for diseases of the eye. It used to be mixed with honey and dropped into the eyes. It was also used to remove thorns and splinters and to treat people who had been stung or bitten by animals, including mad dogs. It was used to treat liver complaints, depression and epilepsy, and was also used as a cosmetic treatment.

The ancient reputation of Scarlet Pimpernel has survived to the present day, especially in dealing with diseases of the brain. Doctors still consider the herb remedial in the treatment of depression (melancholia) and in the allied forms of mental disease.

Modern authorities consider that caution should be exercised in the use of this herb for dropsy, rheumatic affections, hepatic and renal complaints.

16) MORNING IRIS

Orthrosanthos laxus

Family: Iridaceae

Description: This flower essence is made from a beautiful light blue flower. It has six fragile looking light blue petals with three yellow stamens. Iris is the Greek word for the eye of heaven, which is usually associated with the rainbow. It is a symbol of purity and majesty and was the symbol of royalty since the days of ancient Egypt. The pink flower symbolises holy love, while blue and violet flowers bring creative inspiration. All irises carry the message of communication between heaven and earth, so enable us to put our ideas into practice and raise our consciousness with divine upliftment.

It is a grass-like plant with long flat leaves up to 40 cm long. I found it growing in the centre of the Toodyay property in an old creek bed. I did not know it was there until the day that I made it and I was delighted to find it.

Indication

Unhappy
Unbalanced
Lacking Love
Inharmonious

End result

Happy
Balanced
Love
Harmony

This flower essence can assist us in the realisation, and acceptance, that we are responsible for our own love, harmony, happiness and balance. To look for this we should look within ourselves and not to the outside world. When this happens we begin to communicate from these centres and realise that the outside world cannot affect our happiness, harmony, love and balance. It is like breathing in sweet air.

It is for those who blame others for their position or lack of love, harmony, balance and happiness. Through this realisation we begin to understand that we cannot make others truly happy either. Just as we must go within for our true happiness so must everyone else. This leads us to be more aware of our boundaries in regards to others and allows others to travel their journeys. By leading by example we can show others the way to accepting responsibility for their own love, harmony, happiness and balance.

Kirlian photography and aura imaging show that introducing a flower essence alters and improves the aura. All essences can adjust the person's subtle bodies such as the aura. I believe that people should add an essence to their energetic field at least once every day. We, energetically, sustain damage almost constantly just by the way we live. Alcohol and other drugs, pollution, chemicals, the foods we eat and the radiation we are exposed to can damage our subtle energetic bodies. The electrical pollution in our cities is extensive and we need to counteract this. By looking after these subtle energetic bodies we will be more and more capable of accepting responsibility for our own love, harmony, happiness and balance. We will not be reliant upon the energy we require coming from the outside, or from society, we will begin to draw it from within.

Therefore it is also for people who cross the line of the boundaries which we all should have. It would be useful for practitioners who tend to become involved in the journey of others instead of supporting when support is needed. It is especially about getting out of the zone, energetically, to allow the person's healing to take place. As practitioners and friends we must be careful in what we say especially to an individual who is in a vulnerable situation.

17) MELALEUCA

*Melaleuca viminea***Family:** Myrtaceae

Description: It has small leaves and beautiful yellow cream blossoms. On the day I made this essence I walked through the fields of my property looking down to see if there were any smaller wild flowers standing out. I passed many but got the sense to keep walking. I did this with my head down not finding anything, but then I looked up to see the melaleuca flowers greeting me, presenting themselves to be worked with on that day.

This essence is similar to the other essences of this family – to stimulate and uplift. It grows in the creek on the lowest level of the property.

Indication*Stuck in the past**Fighting**Holding on**Drained****End result****In the here and now**Acceptance**Letting go**Energised*

This essence is for those who get stuck in the past and by being in the past we begin to halt our life's journey. It assists us by helping us to get into the here and now and to not be drained by holding onto the past. It allows us to let go and make positive decisions in the moment and move forward with joy. By being in the here and now our energy is no longer drained by our emotional attachments to past events and we begin to feel energised and empowered and our true selves are able to shine through. When we get ourselves, in our totality, in the moment we begin to realise and appreciate the beautiful and amazing things that are happening all around us and we become a part of the moment. All of our senses, our mind and emotions, our physical and spiritual bodies become energised in the here and now. The decisions we make become more appropriate and easier to make. We lose our self doubt, become more confident and find that we don't put blockages in the way or trip ourselves up. We are all very powerful beings and once we get ourselves in the here and now we become at one with the universal energy which leads to a kind of magic taking over. Then the seemingly obscure contacts seem to occur and propel us forward into our destiny. These contacts can be blocked by us by our minds wandering off to the past or future.

We are multidimensional beings. We are mind, body, soul and spirit to name just a few. We have angels, guides, fairies and other energetic beings that assist us on our journeys in a way that we are mostly unaware of. When we get ourselves into the here and now, into the moment, these energetic beings, as well as ourselves, become freed up to do the work they are here with us to do. When we are not in the here and now it is like we lock ourselves and energetic levels up. We need to free ourselves and them up so they can assist us in achieving what we truly want. They, being linked closely with the universal energy, know more options that we do to achieve our goals. All that is required of us is that we stay in the moment and the energy will work with us and for us. Maybe angels and fairies do exist, maybe they don't; maybe they are just the representation we as humans use to identify energies we don't understand yet. Energies that link us to every other thing on earth and the universe.

We believe that we are the sum of all of our achievements – the qualifications we have earned, the relationships we have had and our successes and failures. We are much more than that. All these things have happened to us in the past and are no longer valid. We cannot think that I wish I had done this or that better, it just is. It needs to be forgotten so you can move forward. Get in the here and now and move forward in your life, leaving the past in the past. Do not keep bringing it up because it is just mind chatter. Let them go.

It is a fact that we hold past emotions in our tissue and also in our more subtle energy bodies. When having a treatment such as reiki, reflexology or any other type of energy treatment these past emotions can come to the surface. This can also happen during odd moments in the day. These past emotions can block our energetic being and can cause physical discomfort as it lowers the natural flow of energy in the body. When these emotions do come

up it is best not self analyse ourselves too much, but it does give us an opportunity to let them go. By sending them back to nature or the source we free up our energetic bodies allowing the energy to flow again. When the energy is flowing again the body, organs and tissues in general begin to function well.

When I was writing this I realised that I had not taken my psyllium husks with my evening meal. I got up and grabbed a glass. As I picked up the glass I was still thinking about what I was writing and was going to write (in the past and future, not in the moment) and consequently I fumbled the glass. This did not trigger me to get into the moment as it normally would. I was still thinking about what I was going to write when I put the husks into the glass and went to fill it with water. As I was moving the glass from the table to the water filter I knocked it on the top of the chair and it fell to the ground and smashed. This brought me back to the moment in an instant. By not being in the moment I was not functioning at a satisfactory level and I also felt weak. Being drained by being in the past and future. A friend of mine walked into the kitchen a few moments later and we both laughed at what I was writing about and how I had carried out an example of it.

It is difficult to come to you with one procedure for relieving every person of every held emotion. It must be done in a case by case basis at that moment. Some people need to realise that they don't have to hang on to it – just let it go. Some may need to verbalise it or write it down. Sometimes the emotion may come back because there is an important lesson that needs to be learnt. But the important thing to realise is that although the emotions are real, they are not us in our totality. We are more than our emotions. It is very important to acknowledge these emotions but even more important to let them go.

I myself find it useful to be the observer of these emotions. I sit back and observe myself with the detachment as if I am observing a constant TV program without getting emotionally involved in the events and outcomes. It is an interesting procedure to undertake. It is like seeing yourself reacting to events around you with happiness, sadness, anger and affection. One can then ask oneself, or investigate, why am I reacting in such a way. By doing this, you do not get entwined or wrapped up in these emotions and can then gain a deeper insight into yourself. We also find that we do not give our energy up to these emotions as they arise.

This essence helps us to let them go and stay fully energised in the moment. Generally we react emotionally to an event or situation. The emotion is short lived and it is best if we don't hang on to it just let it pass. So be the observer of yourself and all that is around you at least every now and then.

We can also form energetic attachments to emotions, people or past events. These energetic attachments can be seen as chords coming out of our solar plexus. It is important to cut these chords every day. These chords result in an energy drain to our system and to the system of the other person we are connected to. We are generally not consciously aware of these attachments but we can consciously disconnect ourselves and maintain our energy systems.

When I first learnt about this I thought – good theory, but should there be a measureable result? I had constant back pain for about 12 years, and I had gotten so use to it that I just accepted it as normal. When I had my first group reiki treatment one of the reiki masters put her hands on my solar plexus on my back. Afterwards I realised my back pain had gone. After the weekend I realised that this master had assisted me in cutting my chords. The difference was massive. The pain in that section of my back sometimes come back (maybe it feels more like a sickness) but I cut my chords and re-energise myself and my back feels better, with better alignments.

To say the past does not exist is not completely true. The house we live in was built in the past. The colour of your hair and eyes has been inherited and has come from the past. The paint brush marks on the ceiling was done in the past and still exists. Our past lives, our heritage and our upbringing all have an affect on our life now. The point is that no good comes from dwelling on the past – it just drains your energy from the now. Yes I have blond hair and blue eyes inherited from my parents and I live in a house that was built in the past. It is good to acknowledge this and let them go. Get yourself into the here and now – into the moment and start creating the future by being in the moment. It is like fragments of your energy peel off as our minds wander off into the past or future preventing you from being.

This essence assists us to exude all of our admirable qualities from within while providing protection and assurance.

It helps to be everything you want to be, taking the struggle out of the attaining and being. Just stop and be in that space, you already have everything that you already need to do the deed.

It is good for singing. It helps us to find ways to sing within our life conditions by helping us recognise that every individual event is part of a greater journey. The joy of the quest is not in reaching the destination but rather the journey itself. Each step of the journey is the same as the final one that takes you to the top of the mountain. Allow the inward journey of self discovery to be a cheerful experience. This essence has helped me enjoy this journey even more.

A client of mine began taking this essence. He was not told what it was for. He found it to be empowering and helped him to make decisions on the spot and not worry about them. He found it to be very positive for himself and those around him responded to his positive attitude.

Things that were right in the past may not be right now. It is a dynamic, ever-changing universe we live in and one needs to appreciate this and allow ourselves to flow with it. Seize the day (the moment). Take control of the mind in the here and now. Many people, during the day or night, allow their minds to wander off and dream of a better job, or wonder or fantasise about something else. This assists the mind to be strong and be here now. We are here and now in this moment for a reason – we are not elsewhere. Right now we are not in the past, future or in another place.

Taking any essence may bring up past events, thoughts and feelings. One must see them as in the past and let them go - let them stay in the past. One cannot function at our fullest potential whilst the mind is bringing in the past. The past does not need to re-occur (it will if you let it). It does not shape our future – we shape our future in the here and now. It constantly moves with the flow of life. It is the balance of the tea tree essence which works on our crown chakra to do our dance of life. This melaleuca essence is the base chakra equivalent. The tea tree was made high above this in the rocky hill top while the melaleuca plant is situated at the lowest point on my property in a creek bed. It is for grounding, to bring one into the here and now and get into the flow of life.

18) PINK ENAMELLED ORCHID

Elythranthera emarginata

Description: This wild flower is on a small plant with few leaves, but the flower itself is exquisite. It shines forth its beautiful pink flower with its enamelled like coating giving it a voluptuous appearance. When making an essence I don't choose what I am going to make for that day. I just put myself (cleansed) into the position with the tools I need and listen, look and feel and allow the flowers to choose me. When a flower does choose there is no mistaking that this is the one to make at that particular time. They project themselves gleaming at me standing out above all else. This enamelled flower did just that.

I had come across this flower only once before, two to three years prior to making this essence. I saw a picture of it and it was incredible. Although its enamelled appearance helps it to shine there was something more that drew me to it. I can recall thinking that I would love to make this essence. Doubt crept in and I thought that I do not have flowers of this at my property. The flower is a magnificent specimen of nature's beauty. The colour along with its enamelled appearance is extraordinary. My wish is that we can all experience its beauty in nature. And I hope that this essence will assist in bringing some of this beauty to you.

Indication

*Disablement
Shrivelled soul*

End result

*Enablement (empowerment)
Developed soul
Inner beauty*

This essence helps us to feel beauty from within without needing praise from others. To do this we need to allow ourselves to put energy into our inner selves instead of giving it away to others. Generally we as humans give our energy away by focusing our energy on our outward appearance, other outward items and the opinions of others. We need to be more aware of our subtle energy bodies and how they are functioning. As we put more focus on our inner energies we become more energised from within which in turn comes out to our outward appearance and into our lives in general. It is like the inner beauty emanates outward to our physical being and life in general.

Thus this essence assists the inner strength and enables individuals to realise the energy's mental power and be able to lift consciousness through clarity and vision. This raised consciousness will radiate outwards and change yourself as well as other people's reactions and attitudes towards you, thus improving your relationships. As this is done meaningful insights, vision and inner wisdom is unlocked to become the true individual and energised person that they are.

Although we classify some groups of people as suffering from a disablement because they can't take care of themselves, we are all disabled or unempowered in a certain way. We are all underpowered in some way. When we are children it is the parents and adults that are the power – the authority. As we become students it is the teachers. When we grow up it is our boss at work, the police, the Government, carers or a nursing home. We all have friends, relatives, acquaintances and work colleagues that categorise and box us into pigeon holes. This also disables us or takes away our power to be who we truly are. We have TV and other media outlets that tell us how we should think about a certain thing, who is good, who is bad, what's cool, what's not. Who's well dressed and fashionable and who is not. We are constantly bombarded with these messages both subconsciously and consciously.

An individual can also disable himself or herself by energetically completing the energetic field of another, thus leaving theirs and the other person's incomplete. The people will feel energised to begin with but in the end will feel drained. We as humans, are made up of Yin and Yang, feminine and masculine like everything within the universe. It is the aim, good feng shui, to have a Yin and Yang balance within and around the home. A balance between fire and water, air and earth, wood and metal – all the elements, colours, light and dark. This is also true for our lives in general but also for our inner selves.

We need to acknowledge and bring into balance our own yin and yang, our own femininity with our own masculinity. We need to acknowledge that we are both yin and yang, receiving and giving, feminine and masculine. Generally

those men who dis women are really just dissing their own feminine side, and those women who dis men are dissing their own masculine side. We need to acknowledge and give energy to both to become complete within ourselves. When we are not complete within ourselves we begin to look for outside influences to help balance us out. A man with an unenergised yin will look for a woman to balance out or complete the energy cycle that he is missing and vice versa. This will initially work and that person will feel complete in the short term. But in the long term it will lead to co-dependency and after a while the person will feel unfulfilled. The man relies on the woman to complete his yin and the woman relies on the man to complete her yang section. This co-dependency, of which most are not consciously aware, energetically drains both parties.

This can happen with all types of relationships. Business and work relationships, personal and family relationships. They both can't work out why they feel drained and not as happy and fulfilled as they were when they first met. This is because they are not being totally true to their own inner energy balance (their own yin-yang balance). They are unwittingly draining the other and also allowing themselves to be drained as well as not allowing themselves to complete the energetic balance with their own cycle at the same time.

But when the individuals come together with complete yin and yang balance within themselves, the resultant energetic reaction requires no reliance or energetic transfer to complete the others cycle.

This essence helps us with detachment from other people's journeys and other people's opinions, to truly flourish and blossom as the individual that you are. Many people will say to you that you are this or you are that, putting you down, and also when congratulating you. We need to detach from both the praise and dis, thank them and move on. It is not so much what people say that affects us but how we accept it or respond to it. By thanking them, forgetting about it and moving on we free ourselves of their opinions.

I myself know how difficult this can be. From being an engineer of a good income to quitting and becoming a cleaner to give myself the time to develop the herb farm and then later becoming a natural therapist. I heard many times when I was broke: "Just go back to engineering." Or: "You're an engineer, not a therapist." I found it difficult at first and would try and argue them towards the positive. But when we really tune in we know what it is that we have to do in our lives. These essences have helped me to release myself of their and my own opinions to truly get in touch, remove the blocks and get on with my life's journey. The best thing we can do for this world and Universe is look after ourselves, treat ourselves properly with respect and become the loving beam of light that we are. When we do this the universe and world will become more balanced and reward us because we are being totally true. We will also not project our emotions, opinions onto others in a detrimental way. We will just say them without any thought, need, or consideration of them taking them on.

I had a treatment after making this essence and prior to writing about this, by my reiki master (Trish Hughs). She channelled this information for me and I would like to thank her for her fantastic insight and share it with you.

*"Thy gifts are bestowed unto you – they are not the shadows of other people's journeys.
Shake free of the shackles that entwine you in the roots of other people's minds.
Place and feel your foundations much deeper than roots of a wondrous tree can ever explore.
Place your faith in the uncertainty and knowing that all is well and is as it is meant to be.
Live in your fullness.
Fly in the unlimited knowing of the fact that you are greatness as it is all around you.
Love yourself like no other can possibly give to thee dear child.
This is where your truth abides.
Seek refuge in the knowing that all will be well and live and express in love and joy.
Amen."*

This essence is to assist us in flowering and blossoming as individuals. As the channel said to break free from the shackles of the opinions in the minds of other people. When everyone is vibrating at their highest divine level the world will vibrate with this also. It is the best thing we can do for this planet. So remember to take care of yourself – this will help others more than if you tried to help them. It will show others the way. If you help them or remove their sickness for them they will not know how to do it themselves. The sickness will have to come back or they will have to live another life to learn this lesson. We can help them to help themselves.

It is a pivotal flower of movement, change and growth with a concentrated energy force creating unity and cooperation via its transformative powers.

When tuning into the Deva of the flower I got the sense that it was not very happy. Of course it was happy: it was just the representation of the way we lead our lives and what we do to ourselves that it was giving me. By the time I had finished the representation it gave me was that it was energised and much happier. We, as individuals, put a lot of effort into our outward appearance. I believe we do this to gain appreciation from others (shackles in other people's minds). So they might say: "Gee, your skin's brown", or "Your jewellery is nice", or "You have a nice figure" instead of putting the effort into our inner selves to allow our inner beauty to shine through. As we concentrate our energy on outward appearance the inner self, or soul suffers and begins to dwindle away. We are putting our energy into our masks and presentations, pushing ourselves onto others and grating away. The soul level begins to get frustrated and wants to get out and be itself and the ego is not letting it, holding it back. We end up pushing people away with the want to be loved by others. The beauty within not the beauty without. This is where our energy and focus needs to be – within. One will find the answer within not without. This is very similar to the appearance of the flower. It is a magnificent glossy pink giving it a real depth of colour. Putting all its energy into its outward appearance leaving the soul to shrivel up and not develop. There ends up no life force within nourishing the outward manifestation. This essence empowers the spirit.

19) EVERLASTING

Helichrysum bracteatum

Family: Asteraceae

Other names: Straw flower, immortelle, paper daisy

Description: This plant grows abundantly in the Western Australian bush. Its showy colours of mainly white and yellows are borne by the highly coloured bracts. The bracts of the flower are usually underneath the petals but with this species the bracts are on show, leaving the true flower to make up the centre. The bracts are of a rough paper like texture and give up their colour to the water when left in the water like coloured paper.

Indication

Stale

Short lived

Lethargic

Burnt out

Toxic

End result

Refreshed

Longevity

Stamina

Re-energised

Cleansed

This essence is for those who feel burnt out. It helps us to feel light when we are bogged down. When we feel heavy and bogged down we feel like we can't go on. When we feel light we feel energised and refreshed and feel like we can just keep going like we are being carried on angels' wings.

If we are in a running race, for example, and for no apparent reason, or because we ate the wrong combination of foods at the wrong time and our energy is going into digestion instead of running, we feel heavy, bogged down and lethargic with no energy. This essence helps us to lighten the load and feel energised. Of course it won't alter the food we ate but it will help. Sometimes there is no explanation for why we feel low on energy apart from feeling like we have been drained. This can happen. We can have our energy drained and just as it is unbeknownst to you it is usually unbeknownst to the person draining it. This essence helps to repair our damaged energy fields to help us to maintain our strength and not allow our energy to be drained.

It repairs the energetic field. When the aura has been damaged by not maintaining our boundaries, damage from childhood, drugs or alcohol, it leaves a hole in the aura, allowing your own energy to be transferred out and other energies in. Usually the energies that come in are opportunists and not the kind that one would want. This essence can assist us in repairing the aura that has been bruised or damaged from drugs or other reasons. On a personal note I drank quite a bit of beer one night. The next day I took the everlasting, stock strength, on my chakras and under my tongue. In a short time my eye lids felt heavy so I lay down and allowed myself to rest. A short time later I was up and energised. To repair sometimes we need to stop and allow the repair process to occur and then we can move forward again. Such as in bruising. The bruise needs to come out, and may look worse at first, but will then heal itself much quicker.

The essential oil of the everlasting is excellent for the skin. One of the best for repairing bruises, capillaries and wound healing along with its mucolytic and expectorant properties. It is said to reduce irritability, moodiness and restore compassion towards oneself. It is also said to transform the psyche by loosening psychic knots stored deep within.

When I made this essence I did not associate it with its other name of immortelle, or see the meaning of either name for what they meant. I should have but it wasn't until a week or two later that I realised it was the same plant (or similar) to the essential oil that I had been using. I had recently included this essential oil in my massage blends with the disabled due to the accidents and resultant bruising that a few of them were suffering from. Also I had completed the meditations on the flower and did not recognise what had happened. When one meditates and communicates with the Deva of the flower the focus is on the communication, on one thing. It wasn't until I was writing it up a few days later that I saw the similarities between the words longevity and stamina, and everlasting and immortelle.

When I began studying essences I had already studied many essential oils and herbs. Since the essential oils and herbs contain the chemicals and physical constituents of the plant they work more physically but would have a resultant mental, emotional and spiritual effect.

The essences act more energetically with the mental, spiritual and emotional planes and have a resulting physical affect. By applying the doctrine of signatures I believed that it would be a good idea to make essences from plants of which their chemical constituents and herbaceous qualities were already known. For example the lemon scented gum essential oil is excellent for cleansing, able to kill airborne bacteria. I believe that it would have the same qualities but acting on an emotional and mental plane, cleanse the mind, emotions and spirit. This is also true for Immortelle. The essence would assist the plants of emotional, mental and spiritual bruising or bruising of the auric field.

This essence is like an arrow, pulling you forward from the heart and going on forever, surrounding and protecting you. It is like being led from the heart and going into ones future with guides, angels and spirits guiding and protecting you like loyal friends. It gives you confidence and a feeling of expansiveness and endless possibilities – reassurance. It gives one the feeling of having a rock or base to return to. A feeling of support and being centred. When you are centred you get to open up to everything out there and around you. It is good for room cleansing and nightmares.

20) BLUE DEVIL

*Eryngium rostratum***Family:** Apiaceae

Description: I first came across this flower many years ago in the fields near my property and as its appearance fascinated me I kept a sample. It dried very nicely and over the years I have kept it on my desk or benches and it has pricked me many times. This spiky little flower is made up of hundreds of blue flowers subtended by long prickly bracts. The whole inflorescence and stem develops a metallic blue like sheen.

Indication*Under confident**Reserved**Unhappy**Nervous**Pushing other away***End result***Confident**Wholehearted**Happy**Ease and poise**Bringing people in*

This essence helps us to be able to walk into confrontational or challenging events, or a series of them, and handle them gracefully, with ease and poise. Enjoy changing the reactions of those around you! It assists with the ability not to be affected by the garbage that comes with achieving greatness and to be happy and enjoy it with a bit of panache.

It is for cooking up a storm in your life. It brings together all your skills and blends them into a pot (which is you), bringing them forth with joy and confidence. Your skills change as you develop as an individual. You develop new skills as time goes on. So what you are good at now might be different to what you were good at before, as a youngster. You may just be better at a different thing. For example as we get older our communication generally improves as we communicate more, and are exposed to different types of communication. This may then develop into a public speaking skill or writing or managerial skill which as a youngster you weren't confident at. Different skills arise as one's attitude changes. Our inspiration changes. It is good to reassess this as move through life.

It helps us to approach difficult situations with confidence. You cannot keep saying to yourself *be confident, be confident* when you are not confident in a situation or doing a particular thing. You may have to re consider what you are doing. You might have to reconsider the approach or retrain or relearn something that has just been skimmed over. If you are not confident in doing something I would suggest that you stop and take another look at how you are approaching it. Do that task with a different outlook or different attitude. If you are unhappy or unconfident in doing something don't delude yourself by pretending or saying you are. Be honest.

Confidence is a funny thing. When we have it seems to be never ending. When we don't it seems to be unfathomable.

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Further to the above I would like to thank many people who have helped me to work on these essences as well as assisting me in gaining the knowledge to be able to complete this work. I would like to thank Madeline Sewell as my aromatherapy teacher who, without her encouragement I would never of taken on the studies that have helped me to do this work. Madeline you are a true angel in physical form and the best teacher I have ever had. Paul Wernley N.D for assisting in starting me off on this course of work. Trish Hughes, my Reiki master for your excellent education and your continual support, and the assistance with these essences. Gaynor for her friendship and assistance with working with these essences. Lawrence Ellyard, my reiki master for education also. Barry Wilson for your education in aromatherapy and education in energy work. Sharon Davidson for her assistance in undertaking this work. Damien Sivewright for your assistance and open discussions in energy work and the etherical realm – a place most of us are afraid to go. My parents, grandparents and brothers and sister for their life long support and advice that has been second to none. I would like to thank those who have helped me with editing and other advice putting this together, Sue, Kate, Charmaine, Jake and Jono. Above all I would like to thank the plants and flowers for choosing me to capture their essence and the communications they have shared with me. Thank you all very, very much.

Don't forget every flower has an essence. So if you are in your garden or walking down the street the dew or rain drops on the flowers contain an essence. Just put your mouth to it and allow the flower to brush against your lips or shake the branch and allow the drops to fall over your body and just allow it into your energetic field.