



Pure Wellbeing

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FLOWER ESSENCES

Flower essences are liquid, potentized plant preparations which convey a distinct imprint, or etheric pattern of a specific flower. These remarkable remedies expand our understanding of health care, recognizing a relationship between body, and soul, and the interweaving of spiritual, mental, emotional, and physical aspects of wellness. Flower essences enjoy a reputation of being not only highly effective, but also very safe to use. They are not part of standard biochemical medicine for they contain only minute traces of physical substance. Rather they belong to a pioneering new field of potentialized remedies which derive their beneficial powers from the inherent life forces within substances.

The effect of the essences is similar to that in meditation in that the patient accesses the wisdom of their Higher Self and it directs their own healing. Their system is "flooded" with the positive virtues needed from the Higher Self and a "washing out" of the negativity which caused their disease occurs and balance is restored.

Flower essences were first originated by English doctor Edward Bach, M.B. B.S., M.R.C.S., L.R.C.P., D.P.H., in 1930. He found, perfected and put into use a system of medicine as simple as it has proved effective. Dr. Bach taught that the basis of disease was to be found in disharmony between the spiritual and mental aspects of a human being. This disharmony, to be found wherever conflicting moods produced unhappiness, mental torture, fear, or lassitude and resignation, lowered the body's vitality and allowed disease to be present. For this reason the remedies he prepared were for the treatment of the mood and temperament of the patient, not for the physical illness; so that each patient becoming more himself could increase his or her own vitality and so draw from an inward strength and an inward peace the means to restore health.

Bach wrote in his book "The Twelve Healers and Other Remedies": "In treating cases with these remedies, no notice is taken of the nature of disease. The individual is treated and as he becomes well the disease goes, having been cast off by the increase in health. All know that the same disease may have different effects on different people; it is the effects that need treatment, because they guides to the real cause. The mind being the most delicate and sensitive part of the body shows the onset and the course of disease much more definitely than the body, so that the outlook of mind is chosen as the guide as to which remedy or remedies are necessary."

Dr Bach stressed that his remedies could be used in conjunction with any other form of treatment, and would not clash or interfere. Equally they could achieve great results used alone.

We currently have in stock the 38 original Bach Flower essences, 72 American Flower Essence Society essences, 44 Australian Bush flower essences and 60 New Zealand New Perception flower essences. A complete list of all the 214 Flower Essences currently available will be sent out on request.

HOW TO USE FLOWER ESSENCES

FREQUENCY OF USE

The essences are most commonly taken orally from a glass dropper bottle, by putting four drops under the tongue several times per day. Regular, rhythmic use of the flower remedies builds the strength of their catalytic action. Therefore, potency is increased not by taking more drops at one time, but by using them on a frequent, consistent basis. In most cases, the essences should be taken four times daily, although this may need to be increased in emergency or acute situations to once every hour, or even more often. On the other hand, children or other highly sensitive persons may need to decrease the frequency of use to once or twice daily.

ADMINISTERING THE REMEDIES

Each time and every time the remedies are used their effects can be strengthened by using an appropriate affirmation at the same time.

TOPICAL APPLICATION OF THE ESSENCES

Flower essences are of great benefit when absorbed directly through the skin, in addition to the standard oral dosage. Essences can be added to bath-water, or to creams, lotions, and oils.

UNDERSTANDING THE FLOWER DESCRIPTIONS

The descriptions portray a range of behaviours that each particular Flower Essence treats and the positive outcomes of treatment. In each particular case only one, or more, of the behaviours listed may be applicable, depending on the individual circumstances.

ABELIA

Abelia Grandiflora

NZ

Negative

: To counteract strong left brain activity - rigid logical viewpoints or too little imagination

Positive

: Brings an increase right brain intuition - imagination, visualisation, language.

: Helps co-ordinate and balance right and left brain activity.

ACORN		NZ
	Feelings of inability to cope, with a sense of overwhelming responsibility - little energy. Will struggle on, but constantly tired.	
AGAPANTHUS	Agapanthus Africanus	NZ
Negative	: For negative feelings deeply embedded in the subconscious - present from birth or early childhood : for releasing racial heredity	
Positive	: Brings release of deeply embedded patterns : helps one use thought forms for positive ends.	
AGRIMONY	Agrimonia euphorica	UK
Keywords	: Mental torture behind "brave face"	
Negative	: Carefreeness masks mental torture - a turbulent state of mind. Seeks excitement the consequences of which can be dangerous and may bring harm. Restless at night. Caused by churning thoughts. (See also White Chestnut). Dislikes being alone - may seek companionship in order to escape from and to forget worries. Under stress, can resort to alcohol or drugs in order to dull mental torture.	
Positive	: Cheerful, carefree, a fine sense of humour, without pretence. A good companion. Can laugh at his own worries. In illness, makes light of discomfort, even pain. Distressed by quarrels and arguments. Peace loving. A peacemaker. A genuine optimist.	
Acceptance	: of true feelings which are often hidden from others.	
Addiction	: use of drugs for cheerful persona, hiding true feelings.	
Avoidance	: of true feelings; cheerful cover-up of emotions.	
Calm	: false outer calm, hiding inner conflict.	
Cheerfulness	: when false; hiding inner conflict.	
False Persona	: hiding true feelings under a mask of cheerfulness; outer exterior of happiness despite feeling of emotional pain and anguish.	
Honesty	: acknowledging inner conflict; for those who tend to cover up true feelings.	
ALOE VERA	Aloe vera (yellow)	USA
Body	: Burned out or exhausted, especially from over-striving or use of creative forces; balance and renewal of heart chakra.	
Creativity	: Burned out feeling from over-striving, over-use of creative forces; integration and centering of creativity in the heart.	
Dryness	: Feeling of being "burned out", over-use of creative forces.	
Exhaustion	: From over-working of creative forces; feeling "burned out".	
Fatigue	: Over-striving in creative work; bringing life forces to heart centre.	
Heart	: Replenishes the creative forces of the heart when feeling "burned out" or depleted.	
Vitality	: Restores life forces; replenishes the heart center; especially for the feeling of being burned out" from too much "fire" or creative force.	
ANGELICA	Angelica archangelica	USA
Aging	: Protection for crossing the threshold of death; during surgery or life-threatening illness; provides protection for the loosening of the subtle bodies which occurs during aging.	
Death	: Ministering to one crossing the threshold of death; helping the soul find benevolence and protection from the angelic realm.	
Emergency	: Protection and guidance from the spiritual realm.	
Insight	: Into the spiritual world.	
Meditation	: Awareness of benevolent spiritual forces; protection and guidance.	
Pregnancy	: Spiritual protection for the incoming child.	
Protection	: Protection coming from spiritual realm, help of higher beneficent forces.	
Spiritual Higher Forces	: Protection while crossing the spiritual threshold especially at death; ability to sense benevolent experiences at work in one's life.	
Trust	: A deep trust in the divine guidance in our lives, in facing the unknown, especially crossing the threshold of death.	
ARNICA	Arnica mollis (yellow)	USA
Addiction	: repairing shock and trauma from drug abuse, especially when physical-etheric integrity of nervous system has been damaged.	
Body	: trauma, especially physical injury; deep shock which dissociates spiritual forces from body.	
Emergency	: easing shock and trauma, especially with physical injury or trauma.	
Massage	: easing shock or trauma, especially to injured parts of the body when trauma may still be stored in the body.	
Psycho-Somatic	: from deep-set shock, trauma, or injury, especially when there is nervous depletion.	
Shock	: maintain connection with higher self or ego forces during trauma; healing past shock or healing past shock	

Vitality : or trauma.
: repairs life energy after shock or trauma.

ASPEN Populus tremula UK

Keyword : Vague fears of unknown origin.
Negative : Fears, by day or night, for no known reason. Apprehension. Terror on awakening - from a bad dream, although forgotten. Fear of going to sleep again. Terrible foreboding. Fear of darkness. Fear of death. Fear of thoughts of disaster. Fear when alone, or suddenly, when among friends - inexplicable. Fear of fear. Afraid to tell one's troubles to others. Fears often accompanied by sweating and trembling.

Positive : Fearlessness, because the power of love stands behind and overcomes all things. Once realised, we are beyond pain, suffering, care, worry, fear and become participants of true joy. Such faith causes a desire for adventure, for experiences with disregard for difficulty or danger.

Anxiety : with no known reason.

Courage : to face the unknown.

Faith : in facing the unknown.

Fear : unknown fears, unconscious fears.

Insecurity : anxiety about the unknown and future.

Insomnia : fear of dark or the unknown.

AUTUMN CROCUS NZ

Postive : Acts as catalyst. Enhances any other essences used and prepares the way for their action. And at a spiritual level it works within ourselves to assist us to be cocreators of our own reality and of the world reality using wisdom and love. Whatever we think is possible so the thinking needs to become love in action.

Negative : Regarding the creator as a parent figure, the holder of power over us in life and death. Frightened by personal responsibility for our own reality and handling over our power to others or denying we have power. Feeling the essence of the parent figure, the creator, crocus holds the key to the coming of the new age, the Aquarian age, if life in the year 2000 and beyond is not just to be a repeat of the Piscean Age years we must change our thinking and be responsible for that coming period now. Just as we moved out from our parents' power and rule to become independant and manage our own affairs, so we now need to move out from the idea of God being there directing matters of conscience, faith, ethics, behaviours and lifestyles. In the coming years with 'God within' or the 'Christ impulse within' we cocreate our new rules and conditions. We accept our own power and our ability to make choices and do so as spiritual beings one with all creation. This is a balancing essence.

Birth : Use at 9 months pregnancy as a birth catalyst.

BANKSIA ROBUR	Banksia robur	AUS
	This remedy also treats low energy, yet it's different from Old Man Banksia in that it treats people who are normally very dynamic. It will help them overcome their temporary loss of drive enthusiasm, due to burn out, disappointment or frustration. This remedy will pick them up out of the bog they're in and put them back on track. Banksia Robur is commonly known as Swamp Banksia as it is usually found in creek beds. When taking this remedy bathe two or three times a day to assist in the washing away of negativity	
Negative	: For those low in energy : For those disheartened : For those weary : For those frustrated	
Positive	: Brings enjoyment of life : Brings energy : Brings enthusiasm : Brings interest in life	
BASIL	Ocimum bascillum	NZ
Negative	: For those clinging on to outlived ideas.	
Positive	: Helps one give up what has no more use or has not stood the test of time. Useful for a specific crisis. Helps one to make a decision oneself - often for humanitarian reasons.	
BASIL	Ocimum bascillum (white)	USA
Conflict	: in relationships, especially between sexual and spiritual issues.	
Sexuality	: integrating sexuality and spirituality in a relationship, especially when viewed as opposing polarities	
Social Relationships	: balance of sexuality and spirituality in relationships.	
BAUHINIA	Lysiphyllum cunninghamii	AUS
Negative:	: For being judgemental and critical. For resistance to change. For reluctance and hesitation.	
Positive:	: Brings acceptance, open-mindedness. Helps one embrace newness - a new situation, a new body of thought, a new person, new ideas and concepts. Made up near Geike Gorge in the Kimberley's. This is for embracing new concepts and ideas. Especially if there is some hesitation or reluctance initially in coming to terms with new things - for example, a new situation, a new body or thought or even a new person. An Asian family may move in as neighbours. You may not be racist but rather, have difficulty with their different customs.	
BEECH	Fagus sylvatica	UK
Keyword	: intolerance	
Negative	: Intolerance. Does not try to understand or make allowances for shortcomings of others. Critical. Lacking in humility and sympathy. Annoyed at small habits, mannerisms, idiosyncrasies and gestures of others. Must have exactness, order and discipline everywhere. A taskmaster. Complains about others. Keeps to himself, lonely.	
Positive	: Strong convictions. High ideals. Although much appears to be wrong, there is ability to see good growing within. Desire to be more tolerant, lenient and understanding towards others. Dr. Bach's view of a perfect example of tolerance was Jesus Christ being crucified. He had no harsh thought and even pleaded for his malefactors.	
Acceptance	: of difference in others when there is a tendency to be critical or judgemental.	
Aging	: overly critical; need to "forgive and forget".	
Blame	: and critical judgment of others.	
Criticism	: of the faults of others.	
Destructiveness	: in lashing out critically at others.	
Environment	: overly identified with environment, needing everything to be perfect, leading to a critical.	
Forgiveness	: of faults in others, with tendency to criticism.	
Immune Disturbances	: overly identified with the environment; when judgemental and critical, leading to toxicity and poor immune response.	
Judgement	: of others; tendency to criticism.	
Negativity	: tendency to see others critically.	
Sensitivity	: over-sensitivity to others and the environment, leading to criticism, projection onto others.	
Tolerance	: of differences in others.	
BELLADONNA	Amarylis Belladonna	NZ
Negative	: For periods of confusion - mental - emotional - spiritual - leading to a breakdown.	
Positive	: Brings mental stability. Brings emotional balance, calmness and peace.	

BELLUS PERRENIS	Daisy	NZ
Negative	: For inability to learn life's lessons, same problems cropping up.	
Positive	: Helps bring a logical mature attitude. Helps clear old resurfacing problems. Helps with moodiness - brings awareness of how one really feels. Brings about the ability to act - not react.	
BILLY GOAT PLUM	Planchonia careya. Kakadu, N.T.	AUS
	For feelings of self disgust, self loathing, specially if directed to the sexual area and act. For those people who feel revolted and dirty about sex and feel unclean afterwards.	
Negative	: For inability to enjoy sex, sexual revulsion. For physical loathing.	
Positive	: Brings enjoyment of sexual pleasure. Brings acceptance of the physical body. Brings openmindedness.	
BLACK-EYED SUSAN	Tetradlea ericifolia.	AUS
	For people who are impatient or always on the go. These people are continually rushing and their lives are overflowing with commitments. This remedy enables these people to slow down, to reach that centre in themselves, and find calmness.	
Negative	: For impatience, "on the go", continual expenditure of energy. For those with "scattered" energy. For constant striving.	
Positive	: Brings the ability to turn inward and be still. Brings a slowing-down. Brings inner peace.	
BLACK-EYED SUSAN	Rudbeckia hirta (yellow/black centre)	USA
Anger	: avoidance of looking at deep emotions such as anger.	
Avoidance	: of looking at or acknowledging dark emotions, of hidden or threatening parts of the Self.	
Awareness	: penetrating insight into emotions.	
Catalyst	: for insight into emotions.	
Catharsis	: of hidden emotions, bringing understanding and insight.	
Death and Dying	: for those in denial or avoidance of a terminal illness; the courage to look and the insight to understand.	
Honesty	: looking deeply into one's emotions; emotional honesty with self	
Insight	: penetrating insight into emotions, especially when uncovering darker or "blocked" areas of consciousness - the "shadow" aspects of soul.	
Lower Self	: insight into inner darkness or hidden aspects of Self; conscious acknowledgement of disowned parts of the Self.	
Repression	: of the dark or shadow side of consciousness, or unaccepted parts of the Self.	
Shadow side	: clearer insight into covered up or darkened Shadow.	
BLACKBERRY	Rubus ursinus (white-pink)	USA
Action	: putting ideas into action.	
Catalyst	: for putting thought into action.	
Creativity	: creative power of thought; motivation of the will; manifestation in the world.	
Decisiveness	: to bring ideals into action; stimulating will forces.	
Idealism	: ability to bring ideas into practical manifestation; integration of thinking and willing.	
Ideas	: to be able to actualize, to put ideas into practice.	
Immobilized	: by unproductive thought patterns which do not manifest in the world.	
Inertia	: unable to put ideas into action; unable to ground vision in practical reality.	
Manifestation	: putting mental ideas into action.	
Motivation	: putting ideas into action.	
Power	: lack of strong forces of will; inability to manifest in the world.	
Procrastination	: putting ideas into action, overcoming inertia.	
Self Actualisation	: putting ideas into action.	
Thinking	: creative power of thought; especially channeling into will forces.	
Will	: bringing balanced will forces to abstract or visionary thought: putting "ideas into action".	
BLEEDING HEART	Dicentra formosa (pink)	USA
Acceptance	: of the need of others to be free in relationships	
Adolescence	: for "crushes", broken-heartedness in relationships.	
Attachment	: to others, emotional possessiveness.	
Broken Heartedness	: emotional detachment and acceptance when ending a relationship.	
Compassion	: learning to love another in freedom.	
Death and Dying	: letting go, releasing attachment to those who can be no longer with us.	
Destructiveness	: in relationships; trying to hold on and manipulate the other in order to feel wanted.	
Freedom	: in emotional relationships; emotional non-attachment.	
Grief	: helps to release a relationship which has ended, or death of a loved one.	
Heart	: healing the "broken heart", for ending relationships, separation or death of a loved one; feeling more emotional self-sufficiency.	
Letting Go	: releasing unhealthy attachment in relationships for death of a loved one, ending relationships, or	

Love : continuing a relationship based on emotional freedom.
 : freedom in love; overcoming unhealthy attachments.
 Non-Attachment : in personal relationships.
 Possessiveness : in relationships; for need to "own" or manipulate another's love and commitment.
 Power : when manipulative in relationships, especially from emotional insecurity.
 Release : of emotional attachment in relationships.
 Selfishness : emotionally attached to others for selfish motives.
 Social Relationships : clinging possessiveness; developing non-attachment

BLUE BELL Wallenbergia species. Olgas, N.T. AUS

This remedy helps to open the heart. For those who feel cut off from their feelings. The emotion is there but held within. They are subconsciously afraid to express it for they fear that their feelings of love, joy etc are finite or unrenowable. They operate from a subconscious fear that there just isn't enough. That if they let go of what they have they won't survive. This fear is often marked by a controlling, rigid and forthright manner.

Negative : emotionally close, fear of lack, greed, rigidity.
 Positive : opens the heart, belief in abundance, universal trust, joyful sharing.

BORAGE Borago officinalis (blue) USA

Body : a feeling of heaviness in the body, especially around the heart.
 Broken-heartedness : brings cheerful courage and upliftment; eases pain or constriction felt in heart.
 Cheerfulness : cheerful courage in the face of challenges, especially when feeling weighed down.
 Courage : cheerful courage; uplifting the heart to face challenges with buoyancy.
 Death and Dying : overcoming grief or heavy-hearted feelings from the death or impending death of a loved one.
 Depression and Despair: discouragement, especially grief or heavy-heartedness.
 Discouragement : feeling disheartened or heavy-hearted, low-spirited.
 Faith : upliftment and buoyant courage.
 Grief : brings cheerful courage; heart balm.
 Heart : for feeling "disheartened" or "discouraged" to " make the heart grow glad", cheerful and buoyant courage; for heavy-heartedness or grief.
 Joy : cheerful courage from within the heart; buoyancy.
 Lightness : upliftment of the heart, buoyancy of feeling.

BORONIA Boronia ledifolia AUS

This is the Essence for resolving obsessions. Thoughts, events, things or ideas which are stuck. It leads to a clear, calm mind. It combines wonderfully with Bottle Brush for dealing with an ended relationship, when there is sadness and pining for the other person.

Negative : obsessive thoughts, pining, broken hearted
 Positive : clarity of mind and thought, serenity, mental

BOTTLE BRUSH Callistemon linearis AUS

Negative : overwhelmed by major life changes; adolescence parenthood, pregnancy, old age, approaching death
 Positive : serenity and calm, ability to cope, prenatal bonding. This remedy will help people move through major life changes, retirement, menopause, adolescence and death etc. It brushes out the past and allows the person to move on. An excellent remedy for pregnant women and new mothers who are inadequate. It will help throughout pregnancy until after the birth and will also assist bonding between mother and child. NB. Do not use this remedy with children under 12 years of age, or maintain treatment for more than one week at a time; resume treatment after one week's rest.

BUSH FUSCHIA Epacris longifolia AUS

Negative : dyslexia, poor learning ability, stuttering, nervousness in public, ignoring "gut" feelings
 Positive : courage to speak out, clarity in speaking, in touch with intuition, balancing of hemispheres. The remedy is important for addressing learning problems. It integrates the left and right hemispheres of the brain. It's for stutterers, and will give people courage and clarity in public speaking as well as the ability to speak out about their own convictions. This remedy also develops the intuition nature.

BUSH GARDENIA Gardenia megaspermia. Kakadu, N.T. AUS

For renewing passion and interest in relationships. It helps draw together those who are moving away from one another, busy in their world (career, life). It's as if the Essence helps turn the individual heads to reconnect and see where and what is needed to bring them back together. It's not only for male/female relationships but also for family too. This plant has similar flowers and scent as that of the suburban garden shrub but it is a tree similar in shape to a gum, up to 40 feet high.

Negative : stale relationships, self interest, unaware
Positive : passion, renews interest in partner, improves communication.

BUSH IRIS Patersonia longifolia AUS

Negative : fear of death, materialism, atheism, sexual excess, avarice.
Positive : awakening of spirituality, assists dying in their transition, clearing of blocks in the base Chakra and trust centre. This was the first remedy we prepared, and it was no coincidence. It's a remedy to open up people to their spirituality, and to access the doorway of their higher perceptions. It allows the Trinity to flow into a person and is an excellent remedy to give a person who has just started meditation or "conscious" spiritual growth. In negative mode there will be materialism and or atheism. There may also be a deep seated fear of death.

BUTTERCUP Ranunculus occidentalis (yellow) USA

Acceptance : of self-worth, especially when there is a tendency to be self-effacing.
Aging : low self-esteem, feelings of unworthiness or that one's contribution has no value.
Appreciation : of self-worth; of gifts one has to share with others.
Communication : having the confidence to express inner feelings and convictions.
Confidence : knowing self-worth, especially with regard to vocation and lifestyle.
Creativity : knowing the worth of one's creative contributions.
Dislike : of one's vocation or lot in life.
Doubt : of one's true worth, vocation.
Failure : feeling that one's vocation or contribution "doesn't count".
Inadequacy : feeling one's life or vocation is not important.
Life Direction : feeling the worth of one's life work and vocation, even if not "glamorous" or considered important by society.
Self-Acceptance : of the worth of one's life, vocation or lifestyle.
Self-Actualization : knowing one's true worth despite worldly standards.
Self-Effacement : out of shyness.
Self-Esteem : knowing one's true worth with others.
Self-Expression : feeling worthy of having something to express, to share with others.
Shyness : lacking sense of self-worth, of having something of value to share with others.
Social Relationships : sense of self-worth with others; sharing, overcoming shyness.

CALENDULA *Calendula officinalis* (yellow) USA

Acceptance : of what others have to say; true listening
 Appreciation : of the meaning of what others say.
 Awareness : of the meaning of what others say.
 Communication : sensitivity to the meaning of the other person; warmth and healing in interpersonal communications.
 Compassion : in ability to listen and understand; especially in verbal communication.
 Conflict : in relationships, communication problems.
 Destructiveness : in use of words, lack of warmth.
 Listening : to the meaning of another; cultivating warmth and respect for the words of others.
 Massage : overall warmth and healing; healing work as a form of "listening" between two people.
 Misunderstanding : of the meaning of another; sensitive social intercourse.
 Non-Attachment : ability to listen to the other, non-interference and receptivity.
 Patience : ability to listen to others
 Receptivity : to the message and being of another, especially in communication.
 Self-Expression : warmth and healing forces in one"s words.
 Sharing : ability to communicate with others.
 Social Relationships : communication and receptivity to another; warmth in verbal intercourse.
 Softness : listening to others; healing warmth.
 Soothing : the healing power of listening; warmth in communication.
 Speaking : contacting the healing power of the word; using words as a positive healing force.
 Tolerance : for what others are saying, receptivity.
 Warmth : healing warmth of one"s words in communication with others. For those who are overly sharp or cutting with their words, possibly injuring others verbally.

CALIFORNIA PITCHER PLANT *Darlingtonia californica* (green/purple) USA

Body : tendency to weak digestion; overcoming "foreign" elements in psyche and body; tendency to water-logged or mucuous conditions; promoting greater physical vigour.
 Eating Disorders : tendency to weak digestion; overcoming "foreign" elements in food; physical vigour and strength through harnessing instinctive forces.
 Instincts : transforming into what is truly human; overcoming what is alien in human instinctive forces; proper use of animal or astral forces.
 Lower Self : transforming the instinctive into what is truly human; balanced use of animal or astral forces
 Power : when too weak or too strong animal forces; bringing astral nature to what is truly human.
 Sexuality : transforming instinctual qualities in sexuality into what is truly human.
 Shadow Side : proper harnessing of raw instincts or animal power.
 Strength : meeting the world with courage and strength by harnessing instinctive forces; indicated for weak digestion; inability to assimilate foreign elements into the psyche or body.

CALIFORNIA POPPY *Eschscholzia californica* (gold) USA

Addiction : dream-like glamour or tendency toward escapism; hallucinogenic drugs.
 Adolescence : fascination with drugs, escapism.
 Balance : balance in inner development; not seeking false spiritual "highs".
 Fascination : with spiritual glamour; tendency toward escapism
 Harmony : with the inner self, not searching outside oneself for fulfillment.
 Honesty : looking honestly within oneself instead of trying to escape through spiritual glamour or drug or dream-like experiences.
 Meditation : fascination and involvement with unbalanced psychism and psychic techniques; seeking spiritual glamour.
 Restlessness : for constant fascination and experimentation with psychic techniques or religious cults.
 Seeking : outward sources of psychic and spiritual experiences.
 Spiritual : seeking fascination or glamour in spiritual
 Experiences : experiences; over-emphasis on psychic phenomena rather than true spiritual development.

CALIFORNIA WILD ROSE *Rosa californica* (pink) USA

Adolescence : cynicism, apathy, deep-seated alienation.
 Aging : feeling connected to the earth during the aging process: for those who may be prematurely occupied with the "other side".
 Alienation : apathy and indifference to life.
 Ambivalence : lack of commitment; indifference to life and life destiny.
 Apathy : indifference to life; building stronger forces of enthusiasm; for lack of motivation to get well especially with lingering illness.
 Broken-Heartedness : for acceptance of painful heart feelings especially when there is a tendency to avoid pain.
 Childhood : for poor appetite, insufficient interest in the physical world.
 Choice : to be fully incarnated, to accept the challenges of life on Earth.
 Depression, despair : apathy and resignation.
 Eating Disorders : poor appetite, low vitality, lack of interest in food and in the physical world.
 Enthusiasm : for life, for earthly destiny; counteracting apathy with positive forces of caring.
 Faith : in the value and meaning of life on earth.
 Groundedness : difficulty in incarnating in body; lack of vitality or enthusiasm for life.

Idealism	: activation of true ideals.
Involvement	: enthusiastic involvement in life.
Life Direction	: accepting the challenges of life so one can move ahead with life destiny.
Love	: enthusiastic involvement in life; love as an antidote to apathy.
Motivation	: enthusiasm and positive involvement in life.
Pessimism	: when cynical or apathetic; lacking in a sense of destiny or meaning in life
Pregnancy	: ability to anchor life on earth; for difficult pregnancies.
Rejuvenation	: awakening to life.
Social Relationships	: for overcoming apathy and lack of concern about others.
Vitality	: enthusiasm for life, overcoming apathy.
Will	: Rousing the will,enthusiasm for life.

CALLA LILY Zantedeschia elliotiana USA

Ambivalence	: about sexual identity, or the expression of sexuality.
Balance	: balancing male and female aspects of self.
Sexuality	: confusion about sexual orientation; balance of male and female sexual forces.

CANYON DUDLEYA Canyon dudleya USA

Fanaticism	: "stirred up" and extreme emotions, tending to hysteria.
Hysteria	: susceptibility to mediumism or unbalanced psychism; "whipped up" emotions.
Nervousness	: for tendency to psychic hysteria or mediumism
Spiritual Experiences	: tendency to imbalanced or hysterical states of psychism, mediumism.

CAYENNE Capsicum annuum (white) USA

Action	: putting ideas into action.
Catalyst	: for mobilising the will, overcoming inertia.
Catharsis	: bringing more fiery stimulus to stagnant situations.
Decisiveness	: to cut through stagnation or indecision.
Enthusiasm	: igniting the will; fiery action that cuts through stagnation.
Habit Patterns	: needing to break free of habitual behaviour especially when needing a fiery catalyst.
Immobilized	: by lack of sufficient catalytic, fiery forces.
Inertia	: stuck in old behaviour patterns; needing fiery catalyst; inability to move on to the "next step".
Motivation	: when will forces need to be fired.
Procrastination	: strong catalyst to mobilize the will when feeling stuck.
Sluggishness	: need to catalyze the will.
Spontaneity	: fiery catalyst to stimulate stagnant situations
Warmth	: fiery warmth in the will forces.
Will	: igniting the will when moving too slowly, or overcoming inertia

CENTAURY Centaurium erythraea UK

Keyword	: weak-willed/subservient.
Negative	: Timid, easily imposed upon. Little strength of will. Doesn't argue or stand up for self - "a doormat." Cannot say "no". Thoughts actions often coloured by dictates and ideas of others and by conventions. May be bound to family or parent. Servile instead of being a willing helper.
Positive	: One who serves wisely and quietly. One who knows when to give or when to withhold. One who has strong individuality, is able to mix well and support his own opinions.
Authority	: overly dependent on the authority of others, subservient "doormat", needing validation from outside authority.
Compassion	: when compassion is misdirected, overly servile and lacking in true individuality; trying to please the other rather than serving true needs.
Dutifulness	: over-obligated to the needs of others,
Freedom	: from unwarranted control by others.
Individuality	: suppression of true individuality to serve the needs of others.
Influence	: weak-willed; subservient to others.
Martyrdom	: for the tendency to be a "doormat" to others, lacking inner sense of individuality.
Power	: when controlled by other's expectations; service in freedom.
Resignation	: to the will of another, being a doormat.
Self-Actualization	: for those overly dominated by others.
Self-Effacement	: "doormat" for others.
Self-Esteem	: serving others out of a feeling for self-worth rather than servitude.
Service	: tendency for over-sacrificial service.
Sharing	: knowing one's limits in sharing with others.
Strength	: to say "no" to others for an overly-servile mentality.
True to Self	: serving others while remaining true to self.
Vulnerability	: to the will of others; servant mentality.
Will	: strength of will to say "no" to others when necessary.

CERATO	Ceratostigma	UK
Keyword	: seeks advice and confirmation from others.	
Negative	: Doubts own ability. Seeks advice from one and all, often influenced and misguided by advice of others which can cause dissatisfaction but needs attention. Lacks confidence in own judgement. Distrusts own convictions. Changeable. Foolish. Talkative. Always asking questions. Tends to sap vitality of others by seeking advice. Has tendency to imitate.	
Positive	: Much wisdom, intuitive, holds definite opinions and will stick to a decision once arrived at. Admires those who have a strong mind and can decide well and quickly.	
Authority	: accepting inner knowingness and authority; for those who rely on the authority of others to decide what is true.	
Certainty	: in following one"s inner knowing, especially when over-reliant on other"s advice.	
Choice	: trusting inner knowingness in making decisions, rather than relying on the advice of others.	
Confidence	: in one"s inner knowing, rather than other"s advice.	
Decisiveness	: when inwardly uncertain, knowing from within rather than seeking the advice of others.	
Doubt	: of one"s own decision-making abilities.	
Hesitation	: about one"s own values; over-dependence on the advice of others.	
Indecision	: due to not trusting inner knowledge seeking advice of others.	
Influence	: over-influenced by the opinions and advice of others, lacking certainty of conviction.	
Judgement	: ability to judge for oneself, especially when tending to be over-reliant on others.	
Seeking	: the advice of others; overly dependent on outside validation.	
Self-Esteem	: following one"s inner guidance.	
Trust	: in one"s inner guidance, especially when uncertain and hesitant.	
CHAMOMILE	Anthemis cotula (white/yellow centre)	USA
Addiction	: for nervousness, hyperactivity, or irritability associated with drug withdrawal; calming and stabilizing.	
Adolescence	: rapid mood swings; emotional moodiness.	
Anger	: restoring calm when emotionally upset.	
Anxiety	: to calm overly anxious states.	
Broken-Heartedness	: for calming emotional trauma or argumentativeness in relationships.	
Calm	: releasing emotional tension, particularly in the stomach region.	
Childhood	: calming of emotional tension; hyperactivity in children; fussiness; colicky babies.	
Eating Disorders	: tension-created digestive disturbances in the stomach area; flatulence.	
Emergency	: calming distraught emotions.	
Harmony	: emotional harmony after upset.	
Hysteria	: for extreme emotional upset.	
Insomnia	: calming hypertension, emotional upset.	
Letting Go	: of nervousness and emotional tension; for difficulty in sleeping, insomnia; especially good for children.	
Manic-Depressives	: stabilizing emotions.	
Massage	: soothing, especially to stomach and solar plexus region.	
Nervousness	: emotional tension, particularly in stomach and solar plexus region.	
Relaxation	: letting go of nervousness and emotional tension; for difficulty in sleeping, insomnia; especially good for children.	
Sensitivity	: emotional tension for over-active solar plexus	
Social Relationships	: for calming emotional trauma or argumentativeness in relationships.	
Soothing	: for emotional relationships.	
Stress	: calming and soothing.	
Tension	: emotional, particularly in the stomach region.	
CHAPARRAL	Larrea sp. (yellow)	USA
Addiction	: cleansing of accumulated psychic toxins from drug abuse	
Awareness	: contacting deeper levels of consciousness and understanding, especially archetypal dream symbols, or buried information from the psyche.	
Cleansing	: emotional cleansing, especially during dreams; cleansing of sub-conscious; often related to psychic or drug abuse.	
Dreams	: traumatic release in dreams; psychic cleansing	
Purification	: cleansing of sub-conscious emotions, psychic toxins.	
CHELIDONIUM	Chelidonium majus	NZ
Negative	: For fear of the future, particularly in a form not previously experienced. For fear of not being safe. For wanting to escape a situation. For desperate, overwrought, hysterical states.	
Positive	: Helps to face the future. Helps to feel in the right place, at the right time.	
CHERRY PLUM	Prunus cerasifera	UK
Keyword	: fear of mind giving way.	
Negative	: Desperation. Verge of nervous breakdown. Near hysteria - can shout for help. Fear of suicide. Fear that mind will give way to doing fearful things. Fear of insanity. Possibility of sudden murderous and violent	

	impulses.	
Positive	: Calm, quiet courage. Able to retain sanity despite mental and physical tortures e.g. a prisoner of war.	
Destructiveness	: when under extreme stress losing control of ego forces.	
Faith	: in the intuitive guidance of life, trusting that there is a divine plan.	
Fear	: of loss of control, insanity.	
Letting Go	: overcoming fear of loss of control; trusting intuition, inner guidance.	
Nervousness	: out of fear of keeping everything under control.	
Trust	: in the intuitive guidance of life; "letting go and letting God".	
CHESTNUT BUD	Aesculus hippocastanum	UK
Keywords	: failure to learn from past mistakes	
Negative	: Takes a long time to learn by experience - sometimes fails to do so. Repeats making the same error. Compulsive repetition of what has already been told. Tries to forget the past but has no guide to help now or in the future. A pitiful situation until mistakes are recognised and thus avoided.	
Positive	: Keenly observant - of mistakes. Gains knowledge and wisdom from experience. Watches and learns from others. Dr Bach wrote: "This Remedy is to help us to take full advantage of our daily experiences, and to see ourselves and our mistakes as others do."	
Addiction	: to break repetitive addictive patterns.	
Awareness	: of the lessons of past experience.	
Habit Patterns	: constant repetition of experiences without learning from them.	
Inertia	: unnecessarily repeating old habit patterns and life experiences; not learning one's life lessons.	
Insight	: into the lessons gained from life experiences.	
Letting Go	: of old habit patterns; learning the lessons of life.	
Repetition	: of life lessons not learned.	
Study	: need to learn from past mistakes; for difficulty in learning, making the same mistakes, lack of insight.	
Synthesis	: of experiences so they need not be repeated.	
CHICORY	Chicorium intybus	UK
Keyword	: Possessive - Selfish.	
Negative	: Possessive love. Easily hurt and offended and rejected. Requires others to conform to their "high sense of values" especially those near and dear. Interfering. Constant attention. Talks of "duty owed to him". When thwarted, becomes fretful, even tearful. Poisoned by such emotions. Selfish, deceitful, strongwilled, talkative, irritable, enjoys arguments.	
Positive	: Selfless care and concern for others. Always giving without thought of return.	
Aging	: tendency to be needy, demanding, reverting to childish behaviour.	
Altruism	: to do for others without the need to get some thing back; developing selfless giving; counteracting emotional neediness.	
Attachment	: to getting attention in relationships.	
Attention	: need for excessive attention from others.	
Childhood	: when overly needy; creating temper tantrums; demanding excessive attention.	
Egotism	: needy and demanding of personal attention; get enough love and attention; being a "tyrant"	
Letting Go	: of unhealthy emotional neediness, demands for attention.	
Love	: selflessness in expressing love.	
Martyrdom	: tendency to feel sorry for self.	
Possessiveness	: when needy or demanding; "never enough".	
Selfishness	: emotionally possessive and needing undue attention.	
Sharing	: love without the need to get something in return	
Social Relationships	: attention games; emotional neediness	
CHOKO	Sechium edule	NZ
Negative	: For wanting to escape the present. For inability to cope.	
Positive	: To help with paralysis - releases the fear. Involved so nerves are able to function again. Strengthens nervous system. Helps to love oneself, as well as others.	
CHRYSANTHEMUM	Miss New Jersey	NZ
Negative	: For low self esteem. Fr fear of being hurt emotionally	
Positive	: For fears held in early childhood of losing those loved	
Positive	: Helps change old patterns of learning. Helps facilitate learning at any stage of life. Useful where the attitude is not conducive to learning	
CLEMATIS	Clematis montana	NZ, UK
Keyword	: Dreamers - lack of interest in present. To give the ability to stay "With It"; not drift away in thoughts, build castles in the air, fantasy taking over. To be here now in the present.	
Negative	: Vacant look. Inattentiveness. Pre-occupation. Indifference. Impractical type of person. Bemused, absent-minded. A dreamer. Drowsiness. A heavy sleeper. Enjoys dozing at any time - falls asleep easily.	

Positive	Listless. Prefers to be alone. Avoids difficulties by withdrawing. : A lively interest in all things. Sensitive to inspiration. Idealistic - a writer, artist, actor, healer. Master of his own thought. Purposeful. Realistic. "Down to earth."
Aging	: dreamy, in and out of body.
Alertness	: ability to be fully present and wakeful, especially with tendency to float or drift away
Avoidance	: of the present by dwelling in more pleasant daydreams of the future.
Awakeness	: being present in the here and now.
Concentration	: when there is a tendency to float out of a body
Day-Dreaming	: of the future; escaping from the present.
Disorientation	: tendency to float in and out of the body; dreamy.
Distraction	: tendency to day-dream.
Fascination	: day-dreaming tendencies.
Groundedness	: being present in the here and now; for those who are "floaty" or dreamy.
Idealism	: impractical ideals and visions; "dreaminess".
Procrastination	: avoidance of doing by day-dreaming about the future

CORN Zea mays (yellow-white) USA

Balance	: between Heaven and Earth and in social relationships, rootedness of spirituality.
Body	: ability to feel grounded and in touch with the Earth in urban environments.
Centredness	: especially in crowded environments such as cities; grounded spirituality related to the Earth; spiritual roots.
City Life	: feeling disoriented, ungrounded in crowded environments such as cities.
Disorientation	: particularly in crowded areas; cities.
Environment	: uncomfortable in crowded environments such as large cities.
Groundedness	: with spiritual roots in the earth
Overwhelmed	: by crowded city life.

COWSLIP ORCHID Caladenia flava AUS

Positive	: Humanitarian, concerned, impartial - can step back from emotions, constructive keen sense of arbitration.
Negative	: Critical, judgemental, bureaucratic, nit picking. My first patient after a month of flower essence exploration in south Western Australia was a young retarded girl who was advised through an "Edgar Cayce" type reading to consult me and that through talking the appropriate Bush Essences over a two year period she would be healed. I was "shown" that the Cowslip Orchid would balance her very underactive pituitary. This was the initial confirmation of the understanding I had of this remedy, when made at a workshop in Perth last Spring. Yellow is the colour symbolising the element Air which deals with the intellect and the pituitary is the endocrine gland associated with Air. Cowslip Orchid is a yellow Orchid, that is commonly found in a cluster, another aspect that ties it into the element of Air is this social or gregarious nature. Air is very much about social order, group activity and harmony - ordered society.

CRAB APPLE Malus pumula UK

Keyword	: self-hatred - sense of uncleanness
Negative	: Feeling of despair, uncleanness, disgust. Has said or done something contrary to true nature. Feels mentally ashamed and physically unclean. Ashamed of physical condition and appearance. Despondent if treatment fails (see also Gentian). Has trivial thoughts - a "bee in bonnet" - fussy - house proud.
Positive	: The Cleansing Remedy for mind and body. Assistance against pollution and contamination. For internal and external use. Ability to control thoughts and recognize difficulties and be acceptable again to oneself. Can see things in correct perspective. Broadminded.
Adolescence	: self-disgust about acne or other feelings of ugliness or impurity.
Body	: obsession with bodily impurities and imperfections.
Cleansing	: emotional and/or physical impurities, especially with a strong sense of impurity; whether real or imagined.
Destructiveness	: in personal life by dwelling on imperfections and impurities.
Detail	: obsession with details and faults, especially regarding personal cleanliness and health.
Dislike	: of imperfections and impurities.
Eating Disorders	: excessive fear of impurities in food or body toxins.
Emergency	: mental and physical cleansing; for wounds and toxins.
Hate	: self-hate, especially with obsessive concern for impurity.
Immune	: oversensitivity and obsession with impurity
Obsession	: with impurities, diet or hygiene, personal problems.
Purification	: over-concern with physical toxins; clearing of toxins whether real or imagined.
Self-Acceptance	: acceptance of self instead of focusing on outer impurities and faults.
Sexuality	: feeling of shame; that sexuality is unclean.

CROWEA Rutaceae lactifolia UK

Negative	: continual worrying, sense of "not quite right"
Positive	: peace and calm; vitality. For people who are not feeling quite right with themselves, and just a little out of balance. A great remedy for worry and stress. It's for people who always have something to worry about, but never have specific fears. The purple flowers of this plant have five petals with a prominent raised centre. Five in numerology relates to the emotional centre and integration of emotions.

DAGGER HAKEA	Hakea teretifolia	AUS
Negative	: resentment, bitterness towards close family, friends and lovers.	
Positive	: forgiveness, honest expression of feelings. For resentment and bitterness. People who hold old grudges against people with whom they've been very close, eg family members and old lovers. This resentment is never openly displayed. The plant gets its name from the needle like barb which grows on its branches.	
DANDELION	Taraxacum officinalis (yellow)	NZ, USA
Negative	: for mental and physical rigidity and stress	
Positive	: brings physical and mental relaxation and open-minded attitudes	
	: Helps to see the good in a situation	
Body	: releasing emotional tension in body; good adjunct to therapeutic body-work.	
Grief	: to release feelings of grief or emotional pain which are stuck in the body.	
Letting Go	: release of emotional tension, particularly when held in musculature.	
Massage	: release of emotional tension stored throughout the body, especially in musculature.	
	: for those who over-strive and "over-form" their lives - over-zealous personality; need release.	
Release	: of emotional tension held in the muscles.	
Repression	: of tense emotions held in the body.	
Tension	: emotional tension stored throughout the body, especially in musculature; tendency to cramp.	
DEADNETTLE	Lamium purpureum (red)	NZ
Negative	: Loss of function, especially in body/mind. Loss of the rhythm of energy of the three bodies. Loss of life force. The signals being sent by the mind to the body are confused and the result is disharmony, even disease. Instead of revitalization of each cell and organ, the chemicals being produced under instruction are harmful. There may be no understanding of the mind/body role. There may be no recognition of the role of the body/mind as the "temple" of the spirit. Just as we can respond to the rhythms of nature we need to respond to the rhythms of our body and its patterns of energy.	
Positive	: Balance of body/mind and soul. Energy in harmony in all three. This is a balancing essence working at a spiritual level.	
DEER BRUSH	Ceanothus integerrimus (white)	USA
Clarity	: purity and clarity of motivation, especially affecting the heart centre; integration of inner feelings with outer action.	
Cleansing	: gentle cleanser of the heart; purifying motivation and intention.	
Communication	: of true intentions; purity of motivation.	
Grace	: purity of feelings within the heart.	
Guilt	: mixed motives; unclear intentions; need to purify the heart.	
Motivation	: purity of intention; for those with unconscious or mixed motives.	
Purification	: of heart and inner intentions, especially when there are mixed motives.	
Softness	: innocence and purity of the heart; gentle cleanser and softener.	
DILL	Anethum graveolens (yellow)	NZ, USA
Negative	: For those unable to discuss things so pressure builds up resulting in emotional outbursts. For those feeling overwhelmed and overstimulated	
Positive	: Helps bring issues, problems and illnesses to a head and then release so change, regeneration and regrowth can occur. Helps relieve stress from sudden, unexpected, unprepared-for death of close one from illness	
Alertness	: for those who are overwhelmed by sensations and experiences.	
City Life	: overwhelmed by the fast pace of life, such as in large cities; excess nerve-sense stimulation.	
Clarity	: when confused by the intensity of too many experiences.	
Eating Disorders	: over-stimulation in life leading to digestive disorders; "taking in" too many varied sensory experiences, leading to indigestion.	
Insomnia	: because of inability to assimilate one's experience; from the nerves and senses being overwhelmed by too many experiences.	
Overwhelmed	: by sense impressions and experiences.	
Restlessness	: from too many experiences taken by the senses and nerves; "over-amped".	
Stress	: overwhelmed by impressions, too much stimulation such as in travel.	
DOG ROSE	Bauera ruboides	AUS
Negative	: fearful, shy, insecure, apprehensive with other people, niggling fears.	
Positive	: confidence, belief in self, courage, love of life and all situations. The striking feature of Dog Rose is that the flowers hang down and appear to have dropped and rounded shoulders; like a defeated person. Dog Rose is the remedy for treating fears: niggling little fears, not terror, but fear of being robbed, of swimming, of heights, etc. Overcoming fear allows an increase in energy, and the flow of the vital force, quality of life, courage and increased self esteem.	

Body	tendency to be accident prone, ungraceful for over-hardening of emotions due to trauma, especially emotional or physical abuse; lacks innocence and ease of childhood; disturbances in the etheric, or life body.
Communication	grace, emotional ease in relating to others.
Destructiveness	tendency to "beat up" self; accident prone; ungraceful.
Erratic	when accident prone or ungraceful.
Flexibility	gracefulness and ease in life, especially when emotions tend to be harsh and cold.
Grace	gentleness and grace of expression flowing from a balanced emotional life; restoring innocence and grace which may have been lost in previous traumatic situations.
Hardness	hard, limiting emotions; "hard on self", self-abusive due to previous abuse from others; accident prone and self-destructive.
Massage	releasing hardened emotions stored throughout the body, especially when there may have been physical or sexual abuse.
Release	of hardened emotions from past trauma.
Sexuality	for hardening of sexual forces, especially as a result of trauma or abuse; restores grace and innocence.
Softness	gentleness and grace; transforming hardened emotions; restoring innocence and openness

ELM	Imus glabra	UK
Keyword	: overwhelmed by responsibility.	
Negative	: Sudden feeling of being overwhelmed by responsibilities and being inadequate for them. Consequential despondency and exhaustion. Even momentary doubt of abilities causes weakness and debility. But all symptoms are only temporary.	
Positive	: Capable, efficient, intuitive. Key positions in State or Industry - Physician, Clergy, Teachers, Leaders, Decision-makers, etc. Positive awareness of responsibilities. People of faith - confident self-assured. Abilities usually directed towards the safety, welfare and betterment of others.	
Anxiety	: from over-striving for perfection.	
Confidence	: in being able to fulfill responsibility without anxiety.	
Failure	: feeling that one is a failure or is letting others down; over-anxious striving leading to a sense of falling short.	
Idealism	: over-perfectionist ideals; harsh standards.	
Inadequacy	: feeling inadequate to one's responsibilities; over-anxious striving.	
Leadership	: when overly perfectionist or overly anxious.	
Martyrdom	: over-anxious about responsibility, feeling the weight of the world on one's shoulders.	
Mother	: overwhelm or over-anxious striving.	
Overwhelmed	: by responsibility.	
Relaxation	: by trusting we have the help we need; letting go of undue worry.	
Responsibility	: feeling overburdened with responsibility; tendency to be overly perfectionist.	
Stress	: by feeling overwhelmed by responsibility.	
Will	: over-striving for perfection; over-use of will forces.	

ERIGERON DAISY (WHAU) NZ

Confidence in your body's ability to heal you; keep you healthy. Confidence in the body/mind and soul and help from that inner ``soul/self.

EMERGENCY REMEDY AUS

The emergency remedy is a combination of WARATAH, FRINGED VIOLET, SUN DEW AND GREY SPIDER FLOWER. It has a calming and stabilizing on the emotions during minor and major crises. It will quickly address fear, panic, severe stress and tension. If specialized medical treatment is needed this essence will help and comfort the person until that treatment is available. The wide usage of this essence ranges from such varying conditions as pre-examination. This remedy is excellent and beneficial for all psycho-logical and physical stress. Administer every couple of hours or until the person is feeling better.

EUCALYPTUS NZ

Negative : For those with mental rigidity. For those fearing to be alone.
Positive : Brings unity. Brings openness of mind. Eases inflammations.

EUPHORBIA NZ

Negative : For self-hatred, mental torment, rejection. For cleansing - purification. For use when fasting. For skin problems.
Positive : Increases self-worth and self-acceptance. Helps with purification.

EVENING PRIMROSE NZ

Negative : For those smothered by love, over-concern. For those being stifled. For those unable to be independent because feeling unsafe. For suppressed crying, tears.
Positive : Helps bring about emotional release.

FAIRY LANTERN	Aerolius Lanternus	USA
Adolescence	: delayed puberty in girls, irregular or delayed menstruation; overly feminine tendencies or delayed maturity in boys; anorexic tendencies.	
Body	: tendency to stay in pre-pubescent stage; unable to identify with mature sexuality.	
Feminine	: tendency to child-like qualities, limited sexual development; delayed or irregular menstruation.	
Nostalgia	: overly child-like, unable to accept maturity.	
Sexuality	: tendency of either men or women to stay in pre-pubescent sexuality.	
FILAREE	Erodium cicutarium (violet)	USA
Anxiety	: worry and concern about small problems of daily life.	
Calm	: letting go of worries and anxieties that tend to unnecessarily limit one's free participation in life.	
Criticism	: overly fastidious; "picky".	
Detail	: obsessed with details and trivialities without proper perspective.	
Fear	: petty worries and anxieties, especially tendency to compulsive or obsessive behaviour.	
Non-Attachment	: to common worries; "overly picky" or over-wrought fastidiousness with little things; need for a larger perspective.	
Obsession	: with inessentials; compulsive worry.	
Overview	: when obsessed with too many details, too narrow interest, worry.	
Perspective	: seeing petty concerns in the larger context of life destiny.	
Release	: of petty worries.	
Self-Concern	: compulsive concern about trivial or inconsequential aspects of life.	
FIVE CORNERS	Styphelia laeta	AUS
Negative	: low self-esteem, especially physical body; dislike of self; crushed, " held-in personality, clothing - drab and colourless.	
Positive	: love and acceptance of self; celebration of own beauty; joyousness. This tall, proud shrub gets its name from fruit which has five corners. Five corners corresponds with the anatomical position and legs spread with the fifth point being head. This remedy allows the vital energy through and to, these five centres. When this happens a person feels good and strong in themselves. They feel energy and their beauty. The remedy resolves low self esteem, lack of confidence and self love. In the negative mode the person will appear crushed and 'held in'.	
FIVE FINGER	Pate Patete, Schefflera Digitata	NZ
Negative	: For fear of enclosed places, lifts, aeroplanes, middle seats, underground places : for feelings of collapse, giddiness : for feelings of imprisonment, being boxed	
Positive	: helps bring true freedom : brings awareness of the fact that one is responsible for one's own reality	
FLAME TREE (ILLAWARRA)	Brachychiton acerifolium	AUS
Negative	: fear of responsibility, overwhelming sense rejection.	
Positive	: confidence; commitment; strength; self-reliance self approval. A remedy for those who suffer from a great sense of rejection, or who feel 'left out'. Rejection is deeply felt and very agonizing for the person. Also the remedy is for self rejection, or where a person is feeling apprehensive about a new experience eg parenthood, or where there is a great fear of responsibility. This remedy will help people take that first step. Also it is beneficial for people whose ruling numbers in numerology are 11, 22 or 33.	
FLANNEL FLOWER	Actinotus helianthi	AUS
Negative	: dislike of being touched, agrophobia, lack of sensitivity in males.	
Positive	: gentleness and sensitivity, in touching; expression of feelings; trust; joy in physical activity. The petals of this flower resemble the sensuous texture of flannel. It almost begs to be touched and felt. This remedy is for people who are uncomfortable with physical contact and touching. It is primarily for males, and for a gentleness, softness and sensitivity in touching. It helps males trust their gentleness and express their feelings. For both males and females it brings enjoyment to expression of gentleness.	
FORGET-ME-NOT	Myosotis palustris	NZ
Negative	: For self-pity, feeling "I have not deserved this." : For blaming everyone but yourself.	
Positive	: Helps bring about the realisation that there are no losers in life, only winners.	
FORGET-ME-NOT	Myositis paulustris	USA

Communication : connection with spiritual guides; remembering those who live beyond the physical realm.
 Listening : connection with spiritual guides; remembering those who guide beyond the physical realm.
 Meditation : awareness of karmic relationships; beyond the threshold.
 Mother : making decision to have a child; awareness karmic connections with the incarnating being beyond the spiritual realm.
 Pregnancy : for contacting the incarnating spirit; remembering one's karmic connections in the spiritual world.
 Spiritual Experiences : connection with spiritual guides; remembering those who guide beyond the spiritual realm. Blaming everyone - "I have not deserved this".

FRINGED VIOLET Thysanotos tuberosos AUS

Negative : damage to Aura, shock and trauma, lack of psychic protection, poor recuperation since trauma or shock, fear of physical contact since rape or assault.
 Positive : re-centering, balancing, removal of effects recent or old trauma, re-integration of physical and etheric bodies; psychic protection. For treating damage to the aura, where there's been shock, grief or physical trauma eg sexual abuse or assault. This remedy maintains psychic protection for those working in psychic areas or after a shock. It works well in conjunction with Flannel Flower for people who have suffered physical or sexual abuse. Also use it with people who have not recuperated from severe shock, grief or trauma.

FUCHSIA Fuchsia Hybridia (red/purple) USA

Acceptance : of deep repressed emotions which need be honestly expressed.
 Anger : deep-seated anger that needs to be released.
 Avoidance : of more basic emotions, with a tendency toward false or hyper-emotionality.
 Awareness : of repressed emotions.
 Catharsis : of repressed emotions.
 Grief : for ability to contact grief that may be emotionally repressed.
 Harmony : of feeling and thinking; bringing repressed emotions to awareness.
 Honesty : need to express basic emotions; with tendency to false emotionality to cover up other emotions.
 Hysteria : false emotionality from repressed emotions.
 Insight : into repressed emotions.
 Lower Self : repressing basic emotions; denial of lower emotions.
 Psycho-Somatic : due to emotional repression of authentic illness feelings often manifest in headaches.
 Release : of repressed emotions which may be falsely expressed.
 Repression : of true emotions; often covered by false emotionality.
 Sexuality : often sublimated into other emotions.

GARDENIA	: Refer to BUSH GARDENIA	
GARLIC	Allium sativum (white)	USA
Anxiety	: anxiety with others, insecurity, fear.	
Body	: pale looking, drained, poor immune response tendency to parasites or infections, especially when accompanied by nervous fear.	
Calm	: release of nervous fears and insecurities that weaken life force.	
Confidence	: in overcoming fears and insecurities that drain and weaken; greater resistance and verall strength.	
Courage	: to overcome fright; nervousness.	
Devitalization	: from parasites or entities.	
Fear	: of others, weakness; stage-fright.	
Immune Disturbances	: tendency to mediumism, to be a host to parasitic entities.	
Influence	: tendency to parasitic infection; influence lower entities; weakening of forces through fear and anxiety.	
Insecurity	: from psychic fears which drain and weaken vitality.	
Nervousness	: from emotional fears which drain or plague the psyche.	
Protection	: from psychic parasites which drain one's vitality.	
Speaking	: fear, often associated with stage fright; tendency to feel drained or paralyzed.	
Spiritual Experiences	: tendency to be drained by lower entities.	
Tension	: paralysis in solar plexus due to fear.	
GENTIAN	Gentiana lutea	UK
Keyword	: discouragement - despondency.	
Negative	: Negative outlook. Melancholy. Discouraged when things go wrong or when there are difficulties. Despondent and depressed at setbacks from known cause. Refusal to believe that it is one's own lack of faith and understanding that prevents overcoming problems. Failure to comprehend one's own negative mentality attracts these conditions of despondency and melancholia. Remedy to help discouraged schoolchildren.	
Positive	: There's no failure when doing one's utmost. No obstacle too great. No task too big. Great conviction of accomplishments and of surmounting difficulties.	
Depression & Despair	: doubt and discouragement from setbacks; lack of faith. Discouragement after a setback, lacking faith in the unfolding of life events.	
Failure	: undue doubt and discouragement from setback, failure.	
Perseverance	: despite setbacks; when tending to depression.	
Pessimism	: when feeling doubt and discouragement, particularly after a setback.	
GINGER BLOSSOM	Zingiber officinale	NZ
Negative	: For mood swings from love to hate and hate to love. For anger, irritability. For too intense relationships, leading to frustration, feelings of futility, both sides	
Positive	: Brings patience, tranquillity, and invulnerability.	
GOLDEN EAR DROPS	Dicentra chysantha (yellow)	USA
Alienation	: contacting painful feelings from childhood, which may have been bottled up inside.	
Catharsis	: release of painful childhood memories.	
Childhood	: painful memories repressed from childhood; disassociation from childhood pain and psychic trauma.	
Cleansing	: of traumatic childhood memories, especially through the release of tears, painful emotions.	
Forgiveness	: letting go of and healing childhood trauma.	
Grief	: for need to release tears that may have been held back - especially during childhood.	
Purification	: of painful childhood memories stored in the heart.	
Release	: of childhood emotional pain, especially through tears.	
Repression	: of painful childhood memories.	
GOLDENROD	Solidago canadensis (yellow)	USA
Adolescence	: false social persona in group; unable to be real self; easily influenced by group pressure.	
Balance	: between social "group" consciousness and individual awareness.	
Barriers	: creating barriers to others by anti-social or obnoxious behaviour.	
Centredness	: in social situations; keeping aware of true identity when there is a tendency to create false persona.	
Certainty	: knowing the inner self; finding one's own values despite group mores.	
Eating Disorders	: overweight used to hide one's true self, creating social barriers to others oobnoxious or repulsive bodily qualities to block true self	
Egotism	: false social persona.	
False Persona	: in group situation to win social approval.	
Honesty	: conforming social behaviour to win approval, not being true to self.	
Individuality	: true sense of self in social situations; balance between group ego and individual ego.	
Insecurity	: expressed by false persona.	
Non-Attachment	: to what others think; to self image.	

Seeking : others' approval in social situation, or negative attention through social disapproval.
Social Relationships : false persona in effort to please others; sometimes also to annoy others for negative attention; individual integrity in relationships and social situations.

GORSE Ulex europaeus UK

Keyword : hopelessness, despair.
Negative : Hopelessness. Despair, after being told "nothing more can be done". Must continue to bear pain and suffering; may be convinced of inherited condition. Almost useless to try different treatments.
Positive : Positive faith and hope. Uninfluenced by present mental or physical condition or by other people's views. Convinced that all difficulties will be over-come in the end. Gorse is of value when given early in any chronic case. Gives patient hope of recovery and that is first step towards a cure.
Apathy : to create hope in those who have given up all hope.
Depression and Despair : hopelessness; expectation of suffering.
Discouragement : hopelessness, expectation of suffering; morose disposition.
Doubt : of the meaning of life's events; lack of faith that things will "work out".
Gloom : about personal affairs.
Motivation : to counteract the feeling of hopelessness, especially about personal affairs.
Pessimism : with regard to one's personal affairs.

GREY-SPIDER FLOWER Grevillea buxifolia AUS

Negative : terror, fear of supernatural; from psychic attack.
Positive : faith, calmness, courage. A remedy to deal with extreme terror, especially terror experienced in life threatening situations or psychic attack. It also deals with panic, hopelessness, and nightmares. The remedy will restore faith and trust. Interestingly enough every time I picked this flower to make the essence I came across a green spider. In Jungian theory spiders are the subconscious image for primordial fear.

HEATHER	Calluna vulgaris (ericaceae)	NZ
Negative	: For feelings of isolation. For those having been hurt who choose to be alone. For those who fear change	
Positive	: Helps develop trust in others. Helps overcome emotional fears of other people. Enhances communication and interaction. Enhances group trust and work.	
HEATHER	Calluna vulgaris	UK
Keyword	: self-centredness,self-concern	
Negative	: Self-centredness. Self-concern. Obsessed by ailments, problems and their trivia. Always wanting to tell others about themselves. Sometimes weepy. Comes close - speaks close into your face buttonholers. Saps vitality of others, consequently often avoided. Dislikes being alone. Makes mountains out of molehills. A poor listener - has little interest in problems of others.	
Positive	: Restores vitality sapped by another, selfless, understanding person. Because of having suffered, is willing to listen and help. Can be absorbed in other's problems and unsparing in efforts to help.	
Adolescence	: pre-occupation with self; tendency to withdraw; excessive masturbation.	
Aging	: pre-occupied with problems and worries, overly concerned with self.	
Listening	: remaining quiet so others can be heard; tendency to focus too much on one's own personal problems and needs.	
Loneliness	: seeking social contact by talking excessively about one's problems.	
Obsession	: with one's problems.	
Self Concern	: excessive pre-occupation with one's problems.	
Self-Expression	: over-talkativeness, especially about one's problems.	
Selfishness	: pre-occupation with one's problems.	
Social Relationships	: seeking social contact by talking about one's problems.	
HIBBERTIA	Hibbertia Dilleniaceae	AUS
Negative	: self-improvement, fanaticism, addiction to acquirement of knowledge, excessive self-discipline, superiority.	
Positive	: content with own knowledge, acceptance, ownership and utilization of own knowledge.. For people who are strict and regimented with themselves, or fanatical. It's for people who use their knowledge to gain an upper hand and those who constantly devour information and philosophies, purely to prove their superiority. In the positive mode these people will be accepting of themselves and their own innate knowledge and experiences, without wanting to be superior to others.	
HIBISCUS	Hibiscus Althea	USA
Feminine	: warmth and responsiveness in sexuality.	
Sexuality	: warmth and responsiveness in female sexuality	
Warmth	: in feminine sexuality.	
HIMALAYAN BLUE CLOVER	Leycesteria formosa	NZ
Negative	: For those easily swayed by others. For those focusing on the negative. For those swept up in mass hysteria.	
Positive	: Helps retain own opinion against opposition. Helps one to focus on the positive. Helps one to make up own mind and stick by it.	
HOLLY	Ilex Aquafoliaceaea	UK
Keyword	: hatred, envy, jealousy	
Negative	: Hatred, Envy, Jealousy, Suspicion, Aggressiveness. Greed. Absence of love. Misunderstanding. Bad temper. Various forms of vexation. Anger towards fellow man. Suffers much - often without a cause.	
Positive	: Protects from Hatred and from everything that is not of love. Those of generous mind who are able to give without thought of recompense. Can rejoice in success of others. Willingness to share; not greedy nor possessive despite vexations and personal loss. Understanding, tolerant.	
Acceptance	: of other's needs for compassion and understanding, especially with tendency to be hostile or jealous.	
Adolescence	: pent-up emotions expressed negatively in family and school, feelings of jealousy, rivalry at home and school.	
Anger	: when love is thwarted or denied.	
Broken-Heartedness	: opening the heart to true love and acceptance; compassion.	
Childhood	: for sibling rivalry and jealousy; feeling that there is not enough love to go around.	
Compassion	: for the suffering of others; for needs of others.	
Conflict	: jealousy or envy of others, not feeling loved.	
Death and Dying	: bringing calm and acceptance to the heart, forgiving others, making peace with this world before death.	
Destructiveness	: through strong negative emotions for others, hatred, jealousy.	
Dislike	: of others; jealousy.	
Egotism	: jealousy of others due to emotional insecurity; wanting to feel important out of an inner sense of being unloved.	
Envy	: of the good fortunes of others.	

Fear	: that others will receive more love, attention.
Forgiveness	: of feeling left out or overlooked by others; knowing that there is an infinite source of love.
Hate	: hostility to others out of a feeling of lack of love; especially for sibling rivalry.
Heart	: for vexations of the heart; jealousy envy hatred; feeling lack of love; opens the heart to the universal abundance of love.
Hostility	: overtly expressed.
Jealousy	: of the good fortunes of others, or of misperceived favouritism.
Love	: universal Christ-like love; compassionate understanding.
Misunderstanding	: when jealous or envious.
Negativity	: unable to open heart to love for others.
Resentment	: due to misperceived favouritism; jealousy, envy.
Selfishness	: unable to feel love or admiration for others.
Sharing	: opening heart to give and receive love.
Social Relationships	: letting go of jealousy and envy in relationships

HONEYSUCKLE	Lonicera fragrantissima	USA
Keyword	Lives in past.	
Negative	: Nostalgia. Homesickness. Lives in past. Has regrets. In looking back, there is fear of what lies ahead a state of "Lot's wife", a "torn-in-half" condition. Can lose interest in present. Slowing down of vital forces.	
Positive	: Overpowering past is now seen as an experience and essential value which can be laid to rest so that one can progress mentally and spiritually. The Remedy for memories - of great help widows, orphans, people who have failed business and especially older folk living alone.	
Aging	: tendency to dwell in the past; nostalgia.	
Avoidance	: of the present by dwelling in more pleasant feelings of the past.	
Broken-Heartedness	: dwelling on past relationships; living in the past, unable to cope with present reality.	
Concentration	: in present time, rather than in the past.	
Day-Dreaming	: of the past; re-living old memories.	
Letting Go	: of nostalgia for the past; coming into present time.	
Loneliness	: nostalgia for the past; living in the "good old days"	
Nostalgia	: tendency to dwell in past as "better times".	

HORNBEAM	Carpinus betulus	UK
Keyword	: "Monday Morning" feeling	
Negative	: Weariness- mental fatigue. Doubts strength to face or to cope, but usually accomplishes. convalescents doubt strength to recover. Tiredness through self-preoccupation. The Remedy for "Monday morning" or "Morning after".	
Positive	: Certain of own ability and strength to face problems and what at first might appear to be insurmountable difficulties.	
Action	: overcoming resistance to daily responsibilities.	
Exhaustion	: unable to face the tasks of the day.	
Fatigue	: too tired to face the tasks of the day, largely due to inner resistance.	
Involvement	: for involvement in tasks of life, especially when tired for no apparent reason.	
Procrastination	: out of resistance to work, feeling lack of energy.	
Sluggishness	: mental resistance to work or daily affairs.	

HOUND'S TONGUE	Cynoglossum grande (blue/white centre)	USA
Body	: overweight when due to overly materialistic attitude toward life; need to bring levity to bodily awareness.	
Dullness	: of thought life through pre-occupation with material awareness; need for more levity.	
Eating Disorders	: overweight when due to overly materialistic attitude toward life; need for more levity, upliftment, spiritualizing relationship with matter.	
Ideas	: lifting sense-bound ideas to higher realms; tendency to materialism or earth-bound thinking.	
Insight	: into the higher meaning of intellectual ideas or material phenomena.	
Intellectualism	: overly sense-bound materialistic in ideas; weighed down, earth-bound in thinking.	
Lightness	: when too weighed-down, or earth-bound.	
Meditation	: lifting overly sense-bound impressions into higher realms.	
Mental Clarity	: raising sense-bound ideas into higher spiritual understanding.	
Perspective	: lifting perspective when overly materialistic.	
Study	: raising sense-bound ideas to higher realms.	
Thinking	: more receptive to spiritual thought; able to interpret sense-impressions in the light of spiritual reality	

IMPATIENS	Impatiens biflora	UK
Keyword	: Impatience	
Negative	: Irritable. Impatience. Nervous. Everything done quickly. A relief for mental tension through frustration. Finishes sentence for the other person if slower. Accident-prone through impetuosity. Prefers to work alone. Slow workers irritate. Mental tension through frustration and other pressures.	
Positive	: Less hasty in action and thought. More relaxed, patient, tolerant and gentle towards the shortcomings of others and "upsetting conditions".	
Acceptance	: of the pace of others and life events.	
Aggressiveness	: tendency towards impatience and bossiness.	
Anger	: quick to anger.	
Competitiveness	: tendency to take over for others.	
Creativity	: bringing vitality to creative expression, especially from earthy forces; replenishing life forces which flow into the creative will.	
Destructiveness	: by over-impulsive behaviour	
Dryness	: lacking vitality or earthiness in creative expression.	
Eating Disorders	: tendency to eat too fast; unable to be nourished or satisfied by food.	
Erratic	: from overly impulsive or impatient behaviour.	
Frustration	: with the slowness of others and of life.	
Ideas	: pressure from too many ideas and impulses at the same time.	
Impatience	: with others and the pace of life.	
Irritability	: with others, especially when they are too slow or methodical.	
Listening	: tendency to interrupt; impatient with others.	
Moderation	: for overly impulsive actions.	
Patience	: with others, even if slow.	
Restlessness	: due to impatient, quick temperament.	
Stress	: from impatience, frustration, irritation, going too fast.	
Tension	: mental tension and impatience.	
Thinking	: quick to finish others' thoughts for them; need to slow down thinking forces.	
Tolerance	: of the rhythms and pace of others.	
Rejuvenation	: of creative expression, especially earthy vitality.	
Vitality	: stimulating vital creativity.	
Will	: bringing greater metabolic will forces into creative process; earthy vitality.	
INDIAN PAINTBRUSH	Castilleja miniata (red)	USA
Creativity	: bringing vitality to creative expression, especially from earthy forces; replenishing the life forces which flow into the creative will.	
Dryness	: lacking vitality or earthiness in creative expression.	
Frustration	: unable to bring vitality to creative expression.	
Rejuvenation	: of creative expression; especially earthy vitality.	
Vitality	: stimulating vital creativity.	
Will	: bringing greater metabolic will forces into creative process; earthy vitality.	
INDIAN PINK	Silene californica (red)	US
Calm	: remaining calm and centred in the midst of intense activity.	
Centredness	: in the midst of intense activity or pressure.	
City Life	: keeping still in the midst of intense activity, centredness.	
Concentration	: holding focus when surrounded by intense activity.	
Disorientation	: when surrounded by intense activity.	
Emergency	: keeping centred amidst intense activity; leadership in crisis.	
Environment	: calm and clarity in the midst of intense outer activity.	
Erratic	: inability to remain centred; overly nervous response to intense activity.	
Nervousness	: unable to maintain centred attitude amidst confusion.	
Overwhelmed	: by intensity of activity surrounding one.	
Quiet	: inner stillness despite intense activity.	
Stress	: calm and centred in the midst of intense activity.	
IRIS	Iris douglasiana (blue-violet)	USA
Creativity	: creative inspiration, especially from higher realms; artistic expression.	
Dryness	: in creative expression due to lack of higher inspiration.	
Feminine	: feminine muses, inspiration.	
Frustration	: in creative expression due to lack of inspiration; feeling limited or "dried up".	
Ideas	: spiritual inspiration, used for creative activity	
Inadequacy	: feeling unable to act upon one's creative inspiration.	
Manifestation	: able to bring thoughts from higher realms into creative expression.	
Rejuvenation	: of artistic abilities, especially higher inspiration.	
Self-Expression	: soul-imbued forces, artistic impulse.	

IRIS	Iris japonica	NZ
Positive	: Ability to just BE - be guided from inner sources, sure you are moving on the right path secure in that knowledge. Progress and joy evident.	
Negative	: Loss of surety and security. Too much planning for ones safety, progress or joy. The problem is in planning which stems from fear. There is no need to be either careful, or careless if one is on the right path. To be on it, and know it, there is a need to listen inwardly and observe how you feel about events around you, and people around you. If you are happy, contented, joyful, loving, you are under soul guidance. You are where you are meant to be, you are secure and you have spiritual surety. A stimulatory, spiritual essence. There is a problem aligned to this essence where the clients surety/security or your surety/security comes from "a special person's love". Then it is the relationship that brings the happiness, and contentedness. When this special person is meeting our needs, as we perceive them, we feel secure. When they are removed, if they were to be removed, our security and surety would be lost. The essence for this aspect is Asparagus Seeds essence. It is a quietening, passive essence, working at the mental body level. The mind plans for its own security. The Iris security, on the other hand, comes from a spiritual guidance.	
ISOPOGON	Isopogon protaceae	AUS
Negative	: poor memory, inability to learn from past experience. Senility, controlling personality, manipulative personality.	
Positive	: ability to learn from past experience; retrieval of forgotten skills, relating, without manipulation or control. This remedy is for people who live very much in their heads. They are dominated by their intellect and there is a complete separation between their heart and their head. This remedy reconnects the heart and head. It will also open heavily closed doors in the mind and enables the retrieval of long forgotten skills. The remedy benefits those people who are controlling and/or dominating. It's also for those who suffer from poor memory or senility. The small spiral arrangement of this plant's yellow flowers fade and leave a small grey round nut which will stay on the plant for many years. In spiritual symbolism the colour yellow represents wisdom and knowledge.	

JACARANDA	Jacaranda Bignonoaceae	AUS
Negative	indecision, procrastination, dithering	
Positive	decisiveness, clear mindedness, quick thinking. A remedy for people who dither, or those who are continually vague. These people procrastinate and never make up their minds. There is a fine distinction between Sun Dew and Jacaranda. Sun Dew deals with dreamers (the space cadet) whilst Jacaranda is for people who dither, are "all over the place" and are never able to make up their minds.	
JASMINE	Pandorea jasminoides	NZ
Positive	: Realisation that the future is created in the present and healed in the present. That your role is to heal the future now. To enhance that identity and the abilities needed, and to encourage their use. Healing the future that is yet to be.	
Negative	: Loss of purpose. Misunderstanding of purpose, lack of ambition to fulfill your purpose. You have chosen to be here at this particular time in this physicality. Part of your destiny is to impart that knowledge, instill the belief, specially in your children, that they are lovable and loving, and therefore will then approve of themselves as well as others will create a "healed" future. Your purpose is also to be a spark of inspiration, to show successfulness. This can be within the home as well as in the workplace. So many feel they are not healers, or accomplishing healing, while in "the home" only. This is a vital part of a healers' life and destiny. This is a stimulatory active essence at the spiritual level. Where lack of ambition is a problem an essence from a combination of camellia flowers is the one to use. It will encourage the user to aim at something great. Accepting and living up to what has little value, being stuck in an humdrum existence will not heal the future. Swami Satchidanda said to us once "You can all be Buddhas, Christs, or saints." The saying of Jesus that "Greater things will ye do than I" has never been listened to and accepted by other than a minute minority. The Camellia is a balancing essence at the mental level of working. The problem is a mind one. The Native American indian healers believe that we are responsible for future generations because we are the ancestors for those generations, and whatever we do today will affect seven generations to come.	
JONQUIL	Narcissus Jonquilla	NZ
Negative	: For acute mental and physical trauma. For loss of loved one. For unexpected trauma - not prepared for illness not accident. For children in family who pick up adults' uncertainty/fears and need extra attention and love.	
Positive	: Brings emotional and mental stability	
JONQUILS	Narcissus poeticus Edwina and Soleil d"or	
Positive	: Assurance that all will be well; emotional and mental stability.	
Negative	: "It will never be the same again" fear, sudden mental and physical trauma, death. This is especially helpful for children. Adults will use rescue Remedy (dr Bachs) and adjust quickly. Children respond to the Rescue Remedy as well but need something more suited to the long term problem, or fear, which is "things will never be the same again" meaning "as good, as warm, as comfortable, as familiar". This is all tied up with a child's need to belong, to be loved, to be a part of something; and now a part is gone. Examples of these fears are: "With Mummy (or Daddy) gone who will run the house?", "Who will be here when I come home from school?" "Who will cook, sew etc?" "Who will drive the car earn the money, chop the wood, read the stories, etc?" With grandparents gone "who will give me special time/love/cuddles/treats?" When a sibling has gone - "Where did they go? Will I go too? Did I wish them there?" To all these fears, add the uncertainty, fear and grief of the adults which is picked up by the sensitive child. If this thought pattern of negativity continues for a time the immune system weakens and infections run riot. Another contributor to a child's fear can be when a loved teacher goes; or when the child leaves the grade to move on, and parts company with the teacher, or close friends, or school. Where an illness has been part of the family life adjustments are made, situations present themselves and are dealt with, so there is not this fear. Extra love and attention is needed for all, but especially for the children.	

KANGAROO PAW	Anigozanthos manglesii	AUS
Positive	: Kindness, sensitivity, saviour faire, enjoyment of people, relaxed	
Negative	: Gauche, unaware, insensitive, inept, clumsy. This is a remedy for people who are "green". They don't know how to properly integrate and interact with other people. They can be very insensitive because they are so focused on themselves they miss the needs of other people around them, they are very self centred.	
KAPOK BUSH	Cochlospermum fraseri	AUS
Positive	: Willingness, application (give it a go) persistence, perseverance.	
Negative	: Apathy, resignation, discouraged, half hearted. Made in the Kimberley's at Mount Barnett, an Aboriginal Cattle Station on the rugged Gibb River Road. It is for people who have a tendency to give up very easily, who are easily discouraged. It can also give people an overview of a plan or situation and then allow them to work it through sequentially. To have a plan and be able to bring it to fruition. It could even be for someone with a piece of technology or machinery, to assist them to understand how it works.	
KOHEKOHE	Dysoxylum spectabile	NZ
Positive	: Stewardship accepted. A "master builder" essence. Surrender to the rhythm of the universe. One with all realms of the universe.	
Negative	: Stewardship lies fallow. Loss of contact with Mother Earth, animal, mineral or nature realms. You could do a lot, but you don't. Afraid to speak out or act. One of the silent majority who allows situations that are destructive to environment, planet, or universe to occur. This essence helps people to keep their feet on the ground while they expand their environmental harmony, and work with stewardship. Compassion and empathy are 100% but practicality is also present. This is a stimulatory active essence working at a spiritual body level.	
KOHIA		NZ
Negative thoughts that take over the mind, leaving a feeling of continual darkness, almost mental breakdown. Destructive impulses.		
KOROMIKO	Hebe salicifolia	NZ
Positive	: Brings decisiveness - peace - positive movement. Aggression, openness to alternative solutions. : Brings peace and openness to alternate solutions.	
Negative	: For longstanding indecisiveness - inability to sort out ideas for analysis and decision. : For inertia leading to boredom : For those stuck in patterns of ineffectiveness : For those who desire peace but make no movements towards it so stagnation develops, not peace. : Indecisiveness, stagnation. Peace is not "lack" of conflict but the ability to work in and through conflict, our energy totally at peace, so the energy of the conflict is transformed and movement takes place. Many feel that peace equals a stalemate situation which indicates they don't really understand peace. Peace is dynamic, never stagnant. The dance of life is perfect harmony - dynamic creativeness, symmetrical orderly movement of life toward a creative vision. Its purpose is new creation. Inertia, which leads to boredom, is not peace. It is being stuck in a habit or pattern of behaviour which increasingly produces a state of ineffectiveness. Ineffectiveness comes about because you choose not to think or feel enough to take action, and so become unable to respond to your current reality. You wait for someone else to do the work for you. You stand still - the world moves on. Aggression to is is negative with "bad" connotations. There are times when you must use aggression and remove those obstacles in your path. It does not mean you abuse your rights but that you must stand up for them and use your aggression with wisdom. Koromiko is to help you have a clearer perception of your life patterns and subsequently all your choices. Do not "grit your teeth" and endure the situation or relationship. That's negative submission and needs Centaury (Dr Bachs) not Koromiko. Do you act like the rest of the family, group, Church members or union only because of fear of rejection if you don't conform? That only builds anger and resentment. do you say you "do it to keep things peaceful"? "What would Mother, or God, think"? That's Koromiko. If one person truly wants peace and meditates on that, remaining open and friendly to those holding a different and negative view, it is possible to find solutions that please everyone and where no one is the loser, but this always involves change. Conciliation brings "hostile" individuals to a stage they can go on to dialogue and then co-operation which leads to solutions and movement.	
KOWHAI		NZ
Regeneration of the desire nature of self. Affects lymphatic system. Ability to aid on a global thinking level.		

LARCH	Larix decidua	UK
Keywords	: Lack of confidence.	
Negative	: No self-confidence. Useful before exams. Convinced of failure, even to try. Will never be a success. Cannot do as well as others. Feels inferior and possesses a false modesty (secretly knows ability is there). Admires success of others without envy or jealousy simply because by standing down themselves the possibility of failure is averted.	
Positive	: Not fearful of failure or success. Not frightened. Determined. Willing to "plunge in" and take risks. Never discouraged by results. Doesn't know meaning of the word can't.	
Adolescence	: positive integration of creative forces with sexual forces; associated with voice change in boys; over-all confidence.	
Blame	: self-blame when making errors, often leading to avoidance of risk taking.	
Calm	: confidence in one's creative ability, for those who are agitated out of fear of making a mistake	
Communication	: when expression is blocked from lack of confidence in self.	
Confidence	: in self-expression for tendency to doubt own abilities.	
Courage	: confidence in one's creativity; overcoming doubt of one's abilities.	
Creativity	: allowing spontaneous creative expression for those who stifle themselves.	
Discouragement	: giving up after failure; lacking inner confidence to try again.	
Doubt	: of one's creative expression or ability to perform in front of others.	
Failure	: fear and anticipation of failure due to poor self image; often giving up before even trying.	
Fear	: of other's judgement of what we say or do; fear of failure; lack of confidence in own ability.	
Hesitation	: uncertain, lacking in confidence.	
Indecision	: due to lack of self-confidence.	
Life Direction	: confidence to follow one's creative inspiration and life destiny.	
Perseverance	: after mistakes; seeing mistakes as learning lessons.	
Procrastination	: putting off doing out of fear of failure, lack of self-confidence.	
Repression	: of creative expression.	
Self-Acceptance	: confidence in one's inner strength and abilities	
Self-Esteem	: in self-expression.	
Self-Expression	: confidence in expression; tendency to doubt one's abilities.	
Shyness	: confidence in one's inner strength and abilities; not hiding out of fear of making mistakes.	
Speaking	: confidence in self expression, especially with low self-esteem.	
Spontaneity	: in creative expression.	
LARKSPUR	Delphinium depauperatum (blue-violet)	USA
Aggressiveness	: positive leadership; balancing a tendency towards self-aggrandizement.	
Altruism	: joyful leadership for the good of all.	
Ambition	: self-aggrandizement in leadership roles.	
Cheerfulness	: cheerfulness in leadership, especially when over dutiful or grim.	
Dutifulness	: in leadership; lack of altruism.	
Egotism	: in leadership; for tendency to "puffed up" sense of self-importance.	
Enthusiasm	: for balanced leadership in the world, especially when there is a tendency to grim dutifulness.	
Influence	: influence through balanced leadership; positive charisma.	
Joy	: leadership with joy, charisma.	
Leadership	: by example and through social service; positive charisma.	
Lightness	: joy in leadership.	
Martyrdom	: over-dutiful, lack of joy; experiencing leadership as a burdensome responsibility.	
Responsibility	: for balanced leadership in the world; counteracts tendency to be either over-dutiful and grim, or "puffed up" in importance.	
Self-Aggrandizing	: in leadership.	
Service	: positive, balanced leadership.	
LASIANDRA		NZ
Worry, concern, anxiety constantly present. Need for inner peace. Children - nail biting.		
LAVENDER	Lavandula officinalis (violet)	USA
Addiction	: soothing frayed nerves from too much stimulation.	
Calm	: soothing frayed, over-stimulated nerves.	
Harmony	: of emotions when there is a need for calming and soothing from too intense spiritual activity.	
Insomnia	: from over-wrought nerves, especially from overly spiritual and mental pursuits.	
Irritability	: from over-stimulation of nerves.	
Jitteriness	: from frayed nerves; over-sensitivity to spiritual influences.	
Massage	: relaxing to head, neck, and shoulders: releases blocked spiritual energy.	
Meditation	: too intense meditative work; need to heal nerves	
Nervousness	: from oversensitivity to spiritual influences; tendency to be "high strung".	
Overwhelmed	: by the influx of too much spiritual energy.	
Psychosomatic Illness	: tendency to headaches and nervous problems.	
Restlessness	: unable to assimilate spiritual energy; "high strung".	
Sensitivity	: over-sensitivity to spiritual energy; "high strung".	

Soothing : bringing inner peace, calming nervousness.
 Spiritual Experiences : harsh or too strenuous spiritual experiences leading to nervous overload.
 Stress : nervous overwhelm; needs sedation.
 Study : if nerves overloaded from too much study.

LEMON BALM *Melissa officinalis* NZ

Positive : natural good health, and steady spiritual growth.
 Negative : Loss of health, and slowing of spiritual growth. This essence relates particularly to tension created by a strong desire to tread a spiritual pathway, but finding one's progress blocked by one's health. It also allows wisdom, understood at some other time, to be remembered so that present circumstances are clearly perceived. This is also another essence for those working in the healing field, but for whom Papaya is not the answer. Overwork is the problem here and comes from assumed responsibility caused by lack of understanding of the true role of a healer. This is the essence for healers who take responsibility for the client, either to heal the client's physical problems or for the giving of advice and guidance leading to a realisation of the client's mental, emotional and spiritual shortcomings. Therefore it becomes essential all requests for assistance from others are answered, regardless of whether the healers own body/mind is getting rest, relaxation, play and spiritual nourishment. There is a vested interest in their healing work by their ego. As one healer, who became a cancer patient, explained, "I felt I had to save the world, save the environment, fix the crisis of another, bring all to love each other." "I didn't stop to think others were playing their part." It is so easy to slip into the role of God. Another aspect is when you tune into other people, usually loved ones, and bear their pain, their suffering, their grief, with them. Women healers can go down this pathway with pregnant daughters. They share their labour pains! More rarely, men share their wives pain. Each of us is capable of feeling our own feelings which teach us. Taking on the feelings of another is ego based. "Look how close I am, how much a part I am, of that person!" is really what is being voiced. There needs to be an awareness that the energy of that pain, grief, sorrowing, whatever, is being doubled. Do you really want that? If its pregnancy pain it is negative for the baby to believe they caused pain for two, let alone one. Sometimes there is an emotional flash or insight where your understanding is at one with the other but that is an understanding role, and the emotion should not persist, once the teaching is understood. The role of the healer is to allow the client to heal themselves. Only then can healing take place. A sharing of understanding and information from mutual benefit, takes place, but responsibility for healing is in the client's hands. The essence work here begins at the physical, etheric body level and is stimulatory, unlike the work of the other essences in this section, which are at the spiritual body level. Where the person needing the essence is a healer, *Luculia gratissima* (pink) is the essence needed. Like Lemon Balm it works at the physical etheric body level and is active-stimulatory. I combine both essences for one stock.

LITTLE FLANNEL FLOWER *Acinotus minor* AUS

Negative : denial of the "child" in the personality. Seriousness in children, grimness in adults.
 Positive : carefreeness, playfulness, joyfulness. This remedy deals with the child aspect in us all. It addresses the expression of playfulness, carefreeness and spontaneous joy. It's for people who regard life as a very sombre and serious experience. It's also for children who tend to grow up much too quickly, who take on the troubles of the world and get old before their time. Its delicate tiny white flowers cover the bush with a blanket of colour and white light, yet, it is easily overlooked

LOBELIA *Lobelia erinus* USA

Positive : Patience with oneself. Seeing perfection in oneself. knowing what you need will come to you.
 Negative : Seeing loss in oneself. Believing what is perfect can be rendered imperfect (spiritual level). No kindness of feeling towards oneself. Impatience. At the lower level Lobelia is courage to accept one's own imperfections and wait patiently for change. At the higher level it is being aware as the "Child of the Creator" you are perfect already. Only your mind/ego denies it. If you have patience you are aware of the natural laws that "energy flows where attention goes", and synchronicity is the result. People, books, information, money, will all flow to you at the right time, so you are joyfully expectant. If you choose to continue to believe your imperfection, these questions then arise: Can your thoughts change the Creator's creation? If the Creator creates only perfection can it be made imperfect? Did you create yourself and so make imperfection possible? The more patience and kindness you feel towards yourself, the more you have to offer to others and the less judgmental you feel. Patience has the quality of submissiveness used positively. There are situations you cannot and should not change. Acceptance can mean submissiveness and with patience allows natural laws to come into being. You "do not push the river". Lobelia is a balancing essence at the spiritual body level.

LONDON PRIDE *Saxifraga umbrosa* NZ

Positive : Perceiving love and beauty in others, and in all things, Tolerance.
 Negative : Loss of tolerance. Perceiving the negative, belief in bad/evil in others. London pride is to give the understanding that what you perceive in others you strengthen in yourself. Jealousy, envy, bitterness, all are strengthened in you. If you perceive love, and see with the understanding of love, you strengthen love. Tolerance is the product of emotional recognition. a "been there, done that, and forgiven myself" recognition. In forgiving yourself you again respect yourself, so your self is "intact" and you recognise another can tread

the same path, or a similar one, and be also themselves - "intact". This is a stimulatory spiritual essence.

LOQUAT	Eriobotrya japonica	NZ
Negative	For those mentally rejecting ideas - experiences. For those rejecting change. For those fearing change and creating what they fear. For children with nausea/travel sickness. Selfcentredness.	
Positive	Brings new perception or vision which leads to direction and destiny. Helps one to create positive changes. Creating obstacles that get in the way of good health. Ninety-fivepercent of people get locked into their view of a situation or problem, or concept. The only limits are self-imposed ones. This essence follows well after Koromiko but it is directed more at ideas and experiences, than problems. The Japanese don't have this fear problem, in technology areas. They call their problem-solving method "walking alongside" a new idea, invention, or whatever. They don't reject out of hand. They study the idea, invention, and see what they can integrate or improve on. Consider these points: To be healthy we need to be moving through time, and time is action or change - if we are healthy. f we are stuck in time we are unhealthy. Being "stuck" in time is holding on to any moment. be it only half an hour ago, or 15 years ago. To be unhealthy is to, be static. Once you change an image of what/who you are -skinny, fat, successful, a failure, dumb, etc - you leave a void where that image or belief was. You need a new image, a new belief to fill that void, and that is change, or 'good health in process". There is no freedom in holding on indefinitely. The belief or image imprisons and confines you. Selfcentredness is fear of change. You have narrowed your band of awareness to yourself instead of widening your consciousness to include others. Those suffering unwanted pregnancies are helped by this essence, as are children with nausea, upset tummies and travel sickness problems.	
LOTUS	Nelumbo nucifera (pink)	USA
Grace	: spiritual harmony, feeling of wholeness.	
Harmony	: over-all spiritual elixir, harmonizer.	
Meditation	: enhances spiritual awareness; over-all spiritual elixir.	
Receptivity	: to higher spiritual awareness.	
Spiritual Experiences	: general spiritual elixir.	
Synthesis	: of all soul forces into a harmonious spirituality	
Toner	: general spiritual elixir for many combinations.	
LUFFA	Luffa Cucurbitaceae	NZ
Negative	: For those persuading others to do what you want by manipulation of their feelings : For those demanding care and attention	
Positive	: Brings tolerance allowing others the freedom to make their own choices.	
LUFFA	Luffa aegyptiaca (syn cylindrica)	USA
Positive	: Allowing another the freedom to follow their pattern, make their choice and follow their vision and dreams.	
Negative	: Persuading others to do what you by manipulation of their feelings. Demanding care and attention. Controlling by your health. Never force another to follow a pattern to which he/she is not suited because of your need. Never jeopardise another's choice because of your need. If you use command to persuade others, that has arrogance in it and needs Vine (Dr Bachs), but persuading others always stems from fear: Those who use fear in this way might be: Elderly parents/ parent afraid to be alone in old age. Teenagers afraid that the solo parent will also leave them, or that the other parent will be antagonistic to them and their behaviour. Children afraid of school, or bullies. Spouses afraid to lose the love of the partner. These situations and the resultant fears may lead to manipulation of others. Some of these manipulations are migraines, temperatures, heart attacks, stomach problems/ulcers. "They'd better pay attention to me now". Also, remember that damage done to the weaker party in a non-peaceful relationship is not necessarily done/inflicted only by action which then produces ill health. It can equally be brought about in a passive way through failure to do things that could have been done for the other by being too exhausted too tired, too nervy, too apathetic, etc.	

MACROCARPA	Eucalyptus macrocarpa	AUS
Positive	: Energy, vitality endurance	
Negative	: Convalescent tired exhausted burnt out low immunity. A Eucalypt that grows in the wheat belt area of South West, Western Australia, the stands which are becoming increasingly rare, very few survive today. Macrocarpa has the largest flower of any eucalypt. Both the tree and flower have a tremendous power about them - and this comes out in its properties. The remedy has a strong affinity to the adrenal glands; bringing about energy and vitality; it gives great strength.	
MADIA	Madia elegans	USA
Aging	: unable to concentrate, or focus on details.	
Alertness	: mental focus, concentration, attention to detail.	
Attention	: focus of attention.	
Awareness	: mental clarity and concentration.	
Clarity	: focus and clarity of thought; overcoming distractions.	
Concentration	: attention to detail, focus; overcoming tendency to be distracted.	
Day-Dreaming	: tendency to distraction; lack of concentration.	
Detail	: focussed attention to detail, especially when there is a tendency to become distracted or side-tracked.	
Disorientation	: unable to focus thoughts.	
Distraction	: tendency to be side-tracked by inessentials.	
Focus	: of attention to a single aspect.	
Ideas	: focus and single-pointed attention to thoughts.	
Mental Clarity	: focus and concentration.	
Quiet	: inner silence and concentration; letting go of scattered thoughts and inner chatter; focus.	
Scatteredness	: inability to focus on one thing.	
Study	: concentration and focus.	
MALLOW	Sidalcea species (pink-violet)	USA
Adolescence	: feelings of social insecurity and group pressures; trouble making and keeping friends.	
Aloofness	: opening to others, overcoming self-created barriers to friendship, for lack of social warmth.	
Barriers	: creating barriers to friendships with others, especially a need for more warmth and trust.	
Insecurity	: social insecurities that hinder ability to make friends; need for more social trust.	
Involvement	: with others, developing warmth in friendship.	
Loneliness	: overcoming social barriers; needing to develop trust and warmth.	
Receptivity	: to the warmth and love of others.	
Self-Esteem	: in social situations.	
Sharing	: developing friendship and social warmth.	
Shyness	: social insecurity; tendency to create barriers to friendships.	
Social Relationships	: for ease in developing friendships; warmth and trust; releasing suspicion; overcoming "rejection complex", barriers to others.	
Warmth	: in friendships.	
MANUKA		NZ
To strengthen the will, so that the intention is to find and remove all blocks to the awareness of love in self.		
MANZANITA	Arcostaphylos viscidia (white-pink)	USA
Adolescence	: disidentification with the body; obsessive dieting; anorexia nervosa or bulimia.	
Alienation	: from the physical body.	
Ambivalence	: about the physical body and the physical world.	
Appreciation	: of physical body and world.	
Awareness	: of the physical body and world.	
Body	: appreciation of the body as the "Temple of the Spirit"; tendency to bodily abuse or denial (eg anorexia nervosa or bulimia).	
Childhood	: to help the young child to incarnate, to come more fully into the body, especially with disturbed birth or birth trauma.	
Dislike	: of physical body; viewing the body as "unspiritual".	
Eating Disorders	: inability to love physical body; tendency to abuse body as in anorexia nervosa and bulimia.	
Groundedness	: respect for physical body and earthly world.	
Ideas	: bringing ideas into the world of matter, body-mind integration.	
Pregnancy	: acceptance of physical body during pregnancy to offset feeling of ugliness or awkwardness in body.	
Sexuality	: accepting the body, feeling good about one's physical nature.	
MARIGOLD	Tagetes patula	NZ
Negative	: For those not really being in touch with what is being said. For problems of giving and receiving communication. For those not listening to others or to their inner voice. For superficial communication.	

Positive	For nery people. : Brings warm extroversion and positive interaction. Brings positive communication.	
MARIGOLD	Tagetes patula	NZ
Positive	: Warm outgoingness; acceptance of life - communication, interaction. Assimilation and integration of new information.	
Negative	: Not really being in touch with what is being said. Not listening to others; not listening to your inner voice, or the quiet responses of your body. Needing bigger illnesses to show something is wrong to yourself. Not communicating other than at the superficial level. Nery people, jumping at loud noises, but also needing shouts to penetrate. Often superconventional, docile types; models of deportment but underneath a feeling of powerlessness. All natural aggression denied from early childhood. This essence is useful for women giving birth, there is a push pull rhythm about this energy. Disorientation is common. Losing sight of the focus, whether purpose of life or of health, and drifting on, all choices and decisions being overlooked. No sense of action. So there is almost indecision as well, both factors leading to ill health. Extroversion is the quality of warm outgoingness the moving towards the acceptance of others. The ability to speak, communicate, interact. Tthe balance person interacts with his/ her outer world and environment as well as with the inner world. Also, when overwhelmed by quality and quantity of information, people can become unable to see how to solve problems. This can be a factor in this "information explosion" world which causes the Marigold type to switch off. It's all too much.	
MARIPOSA LILY	Calochortus leichtlini (white/yellow centre, purple spots)	USA
Adolescence	: for stormy periods with mother or other female figures; too early onset of puberty in boys or girls, hardening of childhood forces.	
Alienation	: from mother figures; feeling unloved and unwanted.	
Childhood	: lack of parental bonding, especially with the mother; nurturing and bonding; instills warmth and positive childhood forces; for abuse, abandonment, divorce, birth trauma.	
Compassion	: nurturing with warmth, mothering.	
Death and Dying	: resolving conflicts with one's mother or other female figures; attunement with the Divine Feminine as a loving force.	
Eating Disorders	: lack of feeling nurtured as a child, thus overeating or denying food as a result; food as an emotional crutch.	
Feminine	: receptivity to human love, maternal nurturance.	
Involvement	: with others; for feeling separate and unloved.	
Love	: receptivity to human love, maternal nurturance.	
Misunderstanding	: when alienated from mother or parent-child trauma.	
Mother	: need for bonding in childhood with mother; building rapport between mother and child.	
Pregnancy	: bonding with the incoming child; confidence about mothering.	
Protection	: of child from harmful influences; mothering mantle of warmth and sensitivity.	
Receptivity	: to human love; mother-child bonding.	
Service	: to develop mothering forces, serving children.	
Sexuality	: for healing sexual wounds from childhood, the feeling that one was abandoned.	
Social Relationships	: healing mother-child bonding; developing nurturing aspects of all relationships.	
Soothing	: to bring mother forces of protection and comfort.	
Trust	: in bonding relationship between mother and child; in nurturing aspect of all relationships.	
MEXICAN SUNFLOWER	Mexicana helianthropis	NZ
Negative	: For conflict between one's emotional and practical sides - usually because one "has"; applies to business, finances, material possessions - need for tact, caution - discrimination. For those held back through fear of loss of possessions.	
Positive	: Helps one choose with spiritual awareness the best use of material abundance.	
MEXICAN SUNFLOWER	Tithonia rotundifolia	US
Positive	: Abundance. Blessings. Responding joyfully. Knowing inwardly the impact of your choices and choosing with spiritual awareness the best use of your material abundance. To whom much is given much is required.	
Negative	: Being held back by thoughts of loss. Using the past to guide you rather than listening to the inner voice of the present. Held back by possession of material things. Consider these points: When pride of possessions is involved, those who have great possessions take extreme measures to protect them. These are things that have always been there when you wanted them: car, house, money. They never went away; they were permanent you could depend on them and that fact made you feel safe! Have the possessions replaced the teddy bear or the security blanket? Is acquisition replacing love or do you use your possessions with gratitude, bringing love to others through their use. Could you move into a retirement village? Could you move into a smaller unit? Part with many belongings The elderly with these problems need Mexican Sunflower.	

MINGIMINGI	Cyathothodes juniperina or fasciculata	NZ
Positive	: Happy home unit and co-operation within it; love and service to the family.	
Negative	: Emotional stress in the home situation. From "broken homes" sibling rivalries, adopted children, adopting parents, stepchildren. Divided loyalties. Insecurity. Self oriented father or mother. Negative nonconformance of parents. An understanding is needed that every unloving thought or action by the child or adolescence in these situations is an appeal for healing and help regardless of the form it takes. Consider these points: Nailbiting: This is fear of not being good enough and is evidence of stress. Spite of a parent, whether left or remaining gives an "I'll show them" attitude. Teenage pregnancies are also an example of this. Claiming the right to freedom with no limitation of action/thinking accepted. Re-acting intensely because of stress. Parent/s constantly nagging and preaching about adolescents' voices, but they themselves get drunk at weekend parties or need drink each night before dinner. These situations bring reactions and constant bickering or putting down of different members. There is always reacting - which is action without thought - because of the stress.	
MIMULUS	Scrophulariaceae	UK
Keywords	: Fear of known things.	
Negative	: Fear from known reasons -Examples are: Fear of illness and consequences. Fear of death. Fear of accidents - of pain. Fear of dark, of damp and cold. Fear of poverty. Fear of people and animals. Fear of speaking in public. Fear of losing friends. Secret fears, is tongue-tied, has stage-fright. Blushes easily - may suffer from stammering. Shyness. Timidity.	
Positive	: Quiet courage to face trials and difficulties with equanimity and humour. Emotions completely under control - ability to enjoy life once more without irrational fears. Possesses love and understanding which can over- come things disliked and not understood.	
Anxiety	: overly anxious and nervous about daily life; everyday fears; fretful, timid.	
Calm	: when nervous or fretful, overly anxious about small events.	
Courage	: to face the challenges of everyday life, especially everyday fears and worries.	
Faith	: that we can meet the small challenges of everyday life; overcoming timidity.	
Fear	: of daily life, worries; specific and known fears; timidity.	
Insecurity	: overly fearful, timid, fretful.	
Nervousness	: because of everyday fears and worries.	
Self-Concern	: personal fears and worries about everyday problems; fretful nature.	
Shyness	: fear of social contact.	
MIMGIMINGI	Cyathodes Juipenna	NZ
Negative	: For those with emotional stress associated with "broken" home situation. Adopted children - problems of adopting parents - step-children divorce - sibling rivalries. For all break-ups of family units. For those with divided loyalties.	
Positive	: Bring service and co-operation within a loving home unit. Helps bring unity.	
MONTBRETIA	Iridaceae laxifolia	NZ
Negative	: To be taken at the faintest suspicion of an illness to bolster the body's energy.	
Positive	: For invoking a positive healing force - makes the auric field positive so that one may be healed. Use for all "beginnings" of ill health.	
MONTBRETIA	Crocsmia x crocosmiiflora	NZ
Negative	: Messages from the soul self/higher self, which have not been listened to. Thinking "I do not believe I can handle my life" or "I am out of control." Body/mind not in harmony. This is the essence for the beginning of physical problems.	
Positive	: Restores breaks in the etheric energy field. Bolsters the body's energies towards warding off an illness. Use it before the illness occurs if possible. If not, use it like an antibiotic, giving heavy doses continually during the first day (six drops of stock to make up in this case and given every hour for about five times). If suspicion of illness, not actuality use four drops four times daily as mixture and usual three drops stock per 25 ml bottle.	
MORNING GLORY(BLUE) Ipomea indica		USA
Negative	: Loss of that belief. Loss of vitality and stamina. Loss of faith and certainty. Inability to create with love. This is a higher spiral of Larch. It has similarities to Lobelia but takes a step higher in awareness. Spiritual teachers proclaim: "Ye are Gods". It follows your creations should be of love, light and harmony, peace and life. This is the spiritual Koromiko. Peace is with the purpose of change to new creation based on love. Light is having the understanding to see with love all creations. Life is the dance you dance in perfect harmony with all life. The whole created through co-operation with the will of the Creator, God/Goddess, All That Is. This is a stimulatory essence of spiritual level. There is another essence that may be used here. If creativity seems the problem - at this level, not a lower one - use Vibumum berry essence for assistance.	

When Viburnum comes up there is always a consolidation with work already done and the new ideas, new visions, new projects are based on understandings already held. It is as though nothing can stop an idea when its time has come. Both these essences are stimulatory - spiritual.

Positive : Sharing the Creator's belief of who you are. A spiritual being created in the Creator's likeness. Ability to create with love.

MOUNTAIN DEVIL *Lambertia formosa* AUS

Negative : hatred, anger, holding of grudges, suspiciousness, fault finding and blame, immense sadness.
 Positive : unconditional love, happiness, forgiveness. This remedy clears away hatred, anger and major blocks to the expression of love. It is also for deep sadness (which is the other side of anger). It's for people who tend to be fault finding and suspicion of others. It doesn't deal with apprehension, as Dog Rose, but more so it's for those who are wary or mistrusting. This remedy develops unconditional love, acceptance, and assists forgiveness.

MOUNTAIN PENNYROYAL *Monardella odoratissima* (violet) USA

Clarity : strength and clarity of thought by purging negative or foreign thought forms.
 Cleansing : clearing the mind of negative thoughts taken on from others.
 Mental Clarity : insight into negative thinking patterns learned from others in the past.
 Negativity : purging the mind of negative thoughts or entities, especially when already within the psyche; clearing out negativity taken on from others.
 Protection : expelling negative thought forms that have become physically "attached".
 Release : of negative thoughts, particularly when taken on from others.
 Strength : strength and clarity of thought.
 Thinking : strength and clarity of thought, clearing the mind of negativity.

MOUNTAIN PRIDE *Penstemon newberryi* (red) USA

Aggressiveness : positive strength and assertiveness in the face of adversary forces; warrior-like qualities.
 Competitiveness : courage and strength to challenge adversaries; positive aspects of being a spiritual warrior.
 Courage : confronting darkness or evil in the world; positive spiritual warrior.
 Death and Dying : for the courage to fight negative thought forms about death; to see death or terminal illness as a challenge or initiation for the soul.
 Fear : of the adverse forces of our time; need for positive sense of spiritual warriorship.
 Leadership : with warrior-like courage to face adversity.
 Masculine : warrior-like courage and leadership.
 Motivation : warrior-like stamina.
 Perseverance : to fight worldly ills; spiritual warrior.
 Power : inner power to fight for what one knows to be true in one's heart.
 Responsibility : for spiritual warriorship in adverse times.
 Strength : warrior-like strength in the face of obstacles and adversity; the courage to confront evil or wrong-doing.

MUGWORT *Artemisia douglasiana* (yellow) USA

Awareness : during dreaming and experiences of the spiritual threshold; greater psychic sensitivity.
 Day-Dreaming : more awareness of moving between states of consciousness; greater psychic sensitivity.
 Dreams : greater awareness across the threshold; greater consciousness in dreams, psychic activity.
 Insight : for greater clarity about dream life or events outside rational consciousness.
 Meditation : for awareness of dreams; conscious control of psychic life.
 Pregnancy : for overdue pregnancy, to release "moon" or "flowing forces".
 Receptivity : psychic balance as intuitive faculties are opening.
 Sensitivity : to "threshold" experiences, especially dreaming
 Spiritual Experiences : awake sensitivity to threshold experiences.
 Toner : of over-all psychic life.

MULLA MULLA *Ptilotus atripicifolius* AUS Palm Valley, N.T.

: Is for the physical and emotional recovery for the shattering experience of burns. Think of this remedy for severe sunburn cases from either the past or the present. It's for those with a fear of fire or flames (often from a past life). If this fear is unconscious it will manifest in a lack of vitality, as if they wish to fade away. If a person presents with this picture, they can with appropriate counselling, reveal this fear of fire or hot objects.

Negative : fear of flames and hot objects, trauma, associated with fire and heat.
 Positive : rejuvenation, uncomfortable with fire.

MULLEIN *Verbascum thapsus* (yellow) USA

Certainty : finding inner conviction, sorting out moral values.

Guilt : listening to the voice of conscience; developing a moral sense of right and wrong.
Honesty : acknowledging inner guidance, conscience, a tendency to lie, lack of truthfulness with self or others; shutting off one's inner voice.
Indecision : unable to connect with one's inner guidance; unable to find inner values for decision-making
Individuality : fulfillment of one's true potential, being true to one's inner knowing of what is right.
Judgement : developing inner values and moral choices.
Listening : to inner spiritual guidance, especially in moral decision-making, values clarification.
Pregnancy : when in doubt whether to carry a child, getting in touch with one's moral values, listening to guidance from Higher-Self.
Receptivity : to the voice of conscience.
Self-Actualization : fulfillment of one's true potential, especially when there is a conflict about values and goals.
True to Self : following voice of "conscience".

MUSTARD

Mustardus Brassicahula

UK

Negative : descending gloom. Hopeless, despairing depression and melancholia which comes suddenly and lifts just as suddenly without apparent reason. The gloom, as if overshadowed by a cold, dark cloud, can be very severe depriving the sufferer of normal cheerfulness and thoughts, for they are all turned upon himself.
Positive : inner serenity, stability, joy and peace that nothing can shake or destroy.
Cheerfulness : moving through darkness to awareness of light and inner joy.
Depression and Despair : for unknown reasons; overwhelmed by a "black cloud".
Gloom : a feeling of a personal "black cloud".
Joy : transforming depression into quiet, balanced joy.
Manic-Depressive : with wide mood swings.

NASTURTIUM

Tropaeolum majus (orange-red)

USA

Body	: lack of physical and etheric vitality from over-intellectualism.
Devitalization	: by tendency toward dryness or intellectualism.
Dryness	: for overly dry intellectualism, not integrated with life forces.
Intellectualism	: overly dry intellect which suppresses vitality.
Massage	: rejuvenating and refreshing.
Rejuvenation	: when dry or depleted from too much intellectual work.
Study	: when devitalized from mental activity; to stimulate lowered life forces.
Vitality	: for overly dry intellectualism.

OAK	Quercus acutissima	NZ
Negative	: For those with the inability to accept that they have a destiny : For those who need balance : For all problems of a trying nature : For parting of the ways	
Positive	: Helps one to carry plans through once formulated : Helps one to be strengthened and balanced	
OAK	Quercus acutissima	UK
Keywords	: Despondent but carries on.	
Negative	: Overworks and hides tiredness. Plodders. Despondency leading to despair. Obstinate, relentless effort, although it may have become useless; could eventually result in a nervous breakdown.	
Positive	: Has courage and is stable under all conditions. Likes helping others. Reliable. Strong, patient, full of common sense, can stand great strain. The Oak people are brave, and fight adversity, difficulties and illness without loss of hope. They persevere and are ceaseless in their effort to find a cure when unwell. (Although this is a positive description - it is when the inner strength begins to wane and collapse thus creating tiredness and signs of losing the battle that Oak is needed).	
Depression and Despair	: while continuing to struggle.	
Leadership	: never-ceasing effort in spite of poor health and reduced forces.	
Masculine	: perseverance and strength.	
Perseverance	: through long struggle; "Mars-like" fortitude.	
Strength	: through long struggle, endurance.	
OAK	Quercus robur	NZ
Positive	: To strengthen the will, to help carry plans through once they have been formulated. To strengthen one's resolve to act in a more constructive manner. To balance at both the cellular level and the mental emotional level.	
Negative	: Doubting one's will to accomplish. This is not Hornbeam (Dr Bach) where you doubt your ability to carry through your tasks - daily and general ones of everyday life - and responsibilities placed on you through work, marriage, etc. Here the plans are more ones of destiny. Accepting you have a destiny is the beginning. Visioning it and carrying it through are the next steps. Oak will balance and strengthen. Oak is not used to give "parting of the ways" help like Walnut (Dr Bach) to break family, nationality, backgrounds so you can move on from those ties and make changes. Oak is to strengthen you and balance you so that you fulfill your spiritual destiny; whether you are a solo parent whose destiny is to help your children grow up loving themselves, or to help your own body cells become balanced and whole again, or to help you become a healer, healing yourself first, etc. New Zealand oak is certainly very different in vibration from the English or European oak. Its wood is different in quality. Its growth period is 12 months of each year and its essence is faster and lighter in vibration but there are similarities to the perseverance qualities of Dr Bach's Oak. When Oak is required to balance, the mental, emotional picture is as in the nursery rhyme "And when she was good, she was very very good but when she was bad, she was horrid". The imbalance affects one side of the body and can be tested by Kinesiology or dowsing. Further research is proceeding.	
ORCHID (NATIVE GREENHOOD) Pterostylis graminea or Pterostylis banksii		NZ
Positive	: Seeing life as a lover, embracing life in all aspects. Extending yourself, participating fully, giving gratitude and praise.	
Negative	: Seeing life as a betrayer never giving or providing, no participation in life, apathy, boredom, or the half-dead tragic victim. This essence is a higher Wild Rose (Dr Bach). When there is no excitement, joy or expectations of abundance and joyfulness, question whether you are too personally involved with your emotions in the situation. Has this caused "drop out". A desire to escape, be gone, or just let everything flow over you? Abundance follows gratitude and praise. Energy follows attention. Concentrate on yourself and life goes by. A clenched hand cannot receive. It must open first. Be willing to stretch out your hand and receive with gratitude. This essence is a balancing one, and health spiritually.	
OLD MAN BANKSIA	Banksia serrata	AUS
Negative	sluggishness, plethoric, low in energy, weary, disheartened, frustrated.	
Positive	enjoyment of life, energy, enthusiasm, interest in life. For people low in energy; slow moving people who have been disheartened by setbacks. It can equate with low thyroid activity; sluggishness, obesity and tiredness - very plethoric people. The Old Man Banksia is a gnarled and twisted tree and it seems to be a storehouse of old wisdom. It was one of the first plants discovered by Joseph Banks.	
OLIVE	Olea africana	UK
Keywords	: Complete exhaustion.	
Negative	: suffered long under adverse conditions, or vitality has been sapped from a long illness. Mind wearied and	

exhausted. No reserve strength. Everything an effort. Tires easily. Lack of zest. Total fatigue of mind and body. Little time for relaxation and enjoyment. Cannot enjoy work or things that used to give pleasure and interest.

Positive : Remedy for convalescence. Remedy of applied faith, i.e. non-reliance on personal effort to overcome. Remedy to restore peace of mind, vitality, strength and interest. Claim of strength and vitality to sustain and guide others in need. Ability to maintain peace, harmony, and interest 'even though one may be forced to remain inactive'.
Exhaustion : complete depletion of mind and body; fatigue from over-work or physical overload.
Fatigue : complete depletion of mind and body from physical stress and over-work.
Rejuvenation : of strength and energy after a long struggle or physical exhaustion.

OREGON GRAPE Berberis aquifolium (yellow) USA

Faith : in the goodwill of others, especially when there is a tendency toward mistrust.
Fear : of the emotional hostility of others; paranoia.
Hostility : fear of the hostility of others; paranoia.
Loneliness : from paranoid feelings about the intentions of others.
Misunderstanding : when misinterpreting the intentions of others; mistrustful.
Negativity : projection of negativity onto others, imagining hostile intentions of others; paranoia.
Paranoia : projected sense of hostility from others.
Pessimism : when misperceiving the intentions of others as hostile; having a "chip on the shoulder".
Social : acknowledging the goodwill of others

PAPAYA - MOUNTAIN	Caricaea carica	NZ
Negative	: For those who claim responsibility for others and become overloaded and "burnt-out". For those with self-pity.	
Positive	: Helps bring the realisation that we create our own reality. Strengthens one to recognise responsibility for one's thoughts and the power one has to attract good and bad in accordance with them.	
PAPAYA	Caricaea carica	AUS
Negative	: overwhelmed by information, unable to resolve problems, burdened by decision.	
Positive	: improved access to Higher Self for problem solving, assimilation and integration of new ideas. For the assimilation and integration of new information. Especially where there is a tendency to feel overwhelmed by the quality and quantity of that information. The feature of this plant is the very narrow stem which, at the top, branches into a mass of foliage to bear a large and ponderous fruit. This remedy should be used when one is unable to solve a problem. It will activate the higher self, the place where we have answers to all our problems. It will ease the burden of problems as it activates the intuitive process.	
PAPAYA(MOUNTAIN PAW PAW)	Carica pubescens	
Positive	: Particularly useful for those whose work is for the safety welfare and betterment of others. Spiritual healers of the New Age who are aware that their reality is their choice, their responsibility. The impact of thought in the form of expectation.	
Negative	: Not wishing to claim responsibility for your present reality and feeling sorry for yourself. Feeling a victim of whoever, whatever, out there. For those who have created their reality without being fully aware or conscious of their choice and their responsibility. They created their victim reality and therefore they must have wanted it that way. However, until they recognise that again (because this essence is for those who are usually aware but have been caught napping this time) they will have to remain victims. Once aware of course they choose again. If they were not to choose again they are manipulating (see Luffa or Veronica persica) or they get satisfaction from self-pity (see Forget-me-not), or its unfairness-to-self self-pity, which is Euphorbia or Crab apple. (Dr Bach) This Papaya self-pity or self-blame is because "I caused it". "I couldn't control my emotions", but it should quickly change to "I understand, next time I'll know," which is self compassion. The healer recognises the need for harmonious natural emotions, and that understanding leads to love, so there is no "US with our natural harmonious emotions" and "THEM with their unnatural negative emotions". The THEM travel the path of understanding just as we do. Within this essence comes the help to know the differences in energy between opposites - good/evil, love/hate, black/white - while realising all is one (neutral energy) but directed differently.	
PAWPAW	Caricaea candarcensis	NZ
	: to counteract self-pity; strengthens one to recognise responsibility of one's thoughts and the power one has to attract good or bad in accordance with them.	
PEACE ROSE	Pax Rosa	NZ
Negative	: For those who are uncertain about themselves and their destiny. For those at the crossroads.	
Positive	: Brings acceptance, tranquillity, harmony, love, leadership, and trust.	
PEACH	Prunus persica	NZ
Negative	: For those with absent-mindedness. For those who are heavy-sleepers. For those who are pre-occupied.	
Positive	: Works as a catalyst to enhance other essences. Helps heal those with chronic problems. Helps heal those with grief and extended stress. Brings healing to pre-occupied and absent-minded people.	
PEACH	Prunus persica	
Positive	: Universal amplifier of all forms of healing. Reduces time it would otherwise take to heal. Peach is an excellent catalyst. Relieves stress related illnesses. Like Montbretia can work at the etheric level before illness is in the physical.	
Negative	: Extended stress; physical urgency for healing. Speeds up grief processes, where grief has been badly handled. Peach can act as a screen against ultraviolet rays and helps skin problems. Use externally. Use in bath especially for muscles ache after exercise or muscle strain from lifting. Seven drops to a bathtub.	
PEACH-FLOWERED TEA-TREE	Leptospermum squarrosum	AUS
Negative	: mood swings, lack of commitment and follow through with projects, hypochondria.	
Positive	: emotional balance, self confidence, follow through with projects, caring for health. A remedy for people with extreme mood swings, hypochondriacs - especially those who have a fear of getting old. This remedy can	

PINE	Pinus radiata	UK
Keywords	: Self reproach - guilt.	
Negative	: Self-reproach. Blames self for mistakes of others and for everything that goes wrong. Has guilt-complex which takes away all joy. Is over-conscientious but never content with achievements and often overworks.	
Positive	: Takes responsibility with a fair and balanced attitude. Great perseverance, humility, and sound judgement.	
Blame	: self-blame; hard on self.	
Criticism	: of self; with self-blame and guilt.	
Destructiveness	: hard on self; overly condemning of self and one"s past; emotionally self-destructive.	
Forgiveness	: of one"s own errors and faults.	
Guilt	: self-blame; hard on self.	
Hardness	: on self: self-judgement and blame.	
Hate	: undue blame and hatred of oneself, unable to accept one"s mistakes.	
Lower Self	: releasing guilt and self-blame; for the tendency to over-identify with negative parts of the Self	
Self-Acceptance	: release of guilt and self-blame.	
Softness	: when overly hard on self; unable to forgive self.	
PINK MONKEYFLOWER	Pungucula mimulus luteus	USA
Adolescence	: fear of expressing or exposing true feelings.	
False Persona	: fear of exposing true feelings, unable to "open up".	
Fear	: of exposing and expressing true feelings; fear of being exposed by others.	
Guilt	: covering up, fear of exposure, not trusting that others will understand.	
Honesty	: able to show true feelings despite fear of exposure or censure.	
Loneliness	: holding back from expressing intimate feelings due to fear of rejection.	
Masculine	: fear of intimacy, or showing emotions; opening heart to hidden feelings.	
Repression	: of true feelings of intimacy and love through self-censorship.	
Sexuality	: needing to express feelings of love and intimacy, fear of exposure.	
Sharing	: exposing self to others, opening up to others despite fear.	
Vulnerability	: need to become more vulnerable and open to others when hiding essential parts of the Self.	
PINK YARROW	Achillea millefolium, var. rubra (pink-purple)	USA
Blame	: tendency to sponge up others" feelings; emotional projection.	
Calm	: tendency to be an emotional sponge, take on emotional qualities of others, leading to emotional oversensitivity.	
Childhood	: for over-sensitivity in family situations; internalizing family trauma/drama.	
City Life	: tendency to absorb the feelings of crowds; too porous aura; oversensitive.	
Death and Dying	: for oversensitivity to the thoughts and fears of others around the issues of death.	
Devitalization	: by absorbing the negative emotions of others.	
Eating Disorders	: need for food as a buffer for emotional over-sensitivity; need to stuff oneself to "dull out" or numb the solar plexus.	
Environment	: emotionally over-sensitive to social and pyschic environment; "psychic sponge".	
Influence	: absorbs or acts thoughts and feelings of others.	
Jitteriness	: as a "psychic mirror" tending to act out disturbances in the environment.	
Negativity	: sensitivity to negative emotional influences, "psychic sponge".	
Nervousness	: absorbing and acting out the emotions of others ("psychic sponge"); over-sensitivity.	
Overwhelmed	: by the emotional intensity of others.	
Paranoia	: tendency to absorb emotions of others; uneasiness in crowds.	
Pregnancy	: oversensitivity to the emotions of others; emotional vulnerability to influences in the home or workplace when pregnant.	
Protection	: emotional vulnerability; promotes emotional centering and strength.	
Sensitivity	: to the emotions of others; internalizing others" problems as one"s own.	
Strength	: inner emotional strength.	
Stress	: from picking up emotional and pyschic negativity in crowds, groups.	
Vulnerability	: to emotional influences; too much personal identification with the emotions of others.	
POHUTAKAWA	Metrosideros excesa (Seeds)	NZ
Positive	: Power with wisdom	
Negative	: Loss of your power. Fear of your power. The seeker who is ever seeking. Power is the natural gift given from the Creator, and lies within you. Power and love are one at the highest level. Pohutukawa essence is to help you stop the practices that prevent your power. To help you stop magnifying your limitations. To help you stop talking and thinking and just BE loving and powerful. To stop being the seeker who keeps on seeking and be the finder. Even if only a glimpse, be the glimpse, live it, become it. Naturally you do not look at the things you fear, that will be too hard to do. Like a child you are afraid of the powerful you. There would be no parent figure to rescue you, to assume responsibility. Just you and your power. "But what if I made a mistake?" How is it that you are up to here with all the so-called mistakes of your life? Were they mistakes? Will you be doing your "power thing" all alone? That"s ego. That"s not what is meant by Pohutukawa or co-creatorship. Loving, sharing, caring, teaching - these are all paths of power. You have already been walking the path for years. This essence is to take you further. A balancing spiritual essence.	

POISON OAK	Rhus radicans	USA
Barriers Environment Fear	fear of intimate contact with others or in Nature; needing to understand the meaning of boundaries or limits. learning boundaries and limits between Self and Nature, also with others. of pain through intimacy; uncertainty about boundaries between self and other, or between Nature and Self.	
POLYANTHUS	Primula x polyanthus (yellow)	NZ
Positive Negative	: Perfection of self. Loving yourself. : Loss of perfection through self blame and guilt, not loving yourself. Giving of oneself so that more is learnt about oneself. Giving of love to yourself so that you can discover all the love you have to give. Needing to release all self blame and guilt, especially the feeling you "could have done something to prevent such and such an event from happening". Especially applicable to the "women of compassion" who often mistakenly take the blame. The kindest, most compassionate people seem to be the ones to assume self blame's mantle. A man accuses someone else, a woman blames herself. This essence is for self-criticism, feelings of inadequacy, lack of self-respect - in women between 30 and 50 especially. If you blame yourself, you hate or dislike your-self, and your understanding of yourself is lost. You simply cannot see yourself as God created you, perfect. As you withdraw blame from without you (projection) it can often be very painful, as you then will find your thoughts drawing it within yourself. It is hard to see when you do this it is as if you were blaming outside yourself. The reason is because there is no distinction between you and your brother/sister. Your brother/sister is you. Blaming yourself blames the other. There is no separation. There are two other essences, both made from New Zealand natives that also may be noted.	
POMEGRANATE	Punica granatum (red)	USA
Adolescence Ambivalence Body Choice Conflict Creativity Feminine Life Direction Mother Pregnancy Psycho-Somatic Sexuality	: for balanced development of creative forces in teenage girls; for healthy attitude toward onset of menstruation. : about career vs. family choices. : conflict about creative and procreative forces in women, leading to PMS syndrome. : between family and career as an expression of feminine creativity. : between career and family, particularly in women : expressing the creativity of the feminine aspect of self through mothering or career. : often underlying cause of PMS symptoms. : for conflict between career and family goals in women. : conflict about use of feminine creative forces, sometimes absorbed from the mother. : conflicts between career and home life; positive direction of feminine creative forces. : PMS and other women's complaints from illness unresolved feelings about female creativity and reproduction. : the expression of feminine forces through procreation and through creativity in the world; the integration of these polarities.	
PORT WINE MAGNOLIA	Michelia figo	NZ
Positive Negative	: Abundance. Success. : Loss of success or abundance or both. Because your past was not "holy" the future cannot be either. You cannot succeed. The ego uses righteousness, self pity, and self importance to hold you in the past. It is constantly trying to rectify the past, and keeps the memory of the past alive in every new cell of the body instead of the 'shimmer of possibilities and the wonder of love'. Expressed in success and abundance. Pure invention waiting to be tapped by you, and in a way that will benefit the world, and yourself as part of it is held back. Within this essence is the quality of simplicity. The knowing that "man must be of God as God creates gods, just as fish know that they are fish, as fish create fish". Therefore it follows that god being a loving creator has already given his creation all that they could need, So if you need something, ask for it, as simply as possible. Ask within the silence of your own thoughts. It is always heard. Then know it is already given. A balancing essence - spiritual.	
PURIRI		NZ
To be able to express, or recognise, wisdom. To help handle arrogance and dominance.		

QUAKING GRASS	Briza maxima (green)	USA
Appreciation	: for the worth of others in group work.	
Communication	: for the need to listen and work with others in group situations.	
Conflict	: of personalities in group situations; harmonizing of individuals in a group.	
Cooperation	: bending and blending of individual egos for a common purpose.	
Egotism	: in a group situation; not listening to others.	

QUINCE	Cydonia oblonga	USA
Acceptance	: of the inner feminine (in both men and women)	
Conflict	: about feminine power in relationships to love and nurturing	
Feminine	: developing the strength of love, feminine power, especially when strength and love are seen as polarities	
Hardness	: opening to the softer, feminine aspect within; letting go of a hard wall of protection	
Love	: developing the strength of love; love as a power in life	
Mother	: conflicts between power and love in feminine forces	
Power	: conflicts about power, especially for women	
Self Actualization	: for women, to balance love forces with power	
Softness	: when there is conflict about softness to power especially for women	
Strength	: developing the strength of love, especially to balance the need for power with feminine receptivity	

RABBITBRUSH	Chrysothamnus nauseosus (yellow)	USA
Alertness	: overview of all details, ability to see the "big picture".	
Attention	: to many details while maintaining an overview of the "big picture".	
Awareness	: of the "big picture", an overview of the details of a situation.	
Concentration	: ability to handle many different details, simultaneous activities; mental flexibility and alertness. Detail wide perspective encompassing all details; ability to hold many different activities at one time.	
Focus	: toward many different details at one time.	
Mental Clarity	: ability to stay aware of many different details simultaneously.	
Overview	: mastery of many details, consciousness, effectively embraces the "big picture".	
Overwhelmed	: by many details; inability to hold many aspects in simultaneous awareness.	
Perspective	: overview of many details, seeing the "big picture".	
Scatterdness	: needing to bring awareness to several simultaneous activities.	
Synthesis	: of many details of a situation, assimilating simultaneous realities.	
RAGWORT	Senecio Jacobea	NZ
Negative	: For those who expect perfection : For those over-occupied with planning : For those who are feeling insecure : Fearing to give of self-fear of commitment. : Being tossed and torn by life, having put down no roots. : Being afraid you can't love. : Inability to make friends. : Inferiority complex.	
Positive	: Helps bring a sense of security of inner and outer self : Helps one to develop friendships : Security of the inner self. : Becoming successful : Achieving loving relationships; friendship and intimacy : Responding to others : Respecting others : Giving to others. Consider these points: You are quite willing to take time and energy to learn to ride a bike or swim or play tennis, but not to experience friendships. You fall off the bike, sink in the water or miss the ball and start again, but not with your friendships. "Once bitten, twice shy!" It was bad in the past. You don't try again. Reacting like a child. Going off to your room in a huff and refusing to come out again. What stands in the way of your opening up to friendships? Insecurity and an inferiority complex. Too much attention to planning for one's own safety progress or wellbeing is a sign of the insecurity. These plans stem from fear. Often they are fuelled and fostered by disturbing fears of impending problems or disasters coming your way because of your inferiority complex. This type of fear is a "less than" fear, built up by influences, school, church, peers or males if one is female. Your belief system says you are "less than" siblings, men, peers, other races etc and is a basis for your insecurity. It keeps all your shortcomings uppermost in your mind fuels the vague but disturbing fears of "So who could like me?" or "Who would wish to spend time with me"?	
RATA BERRIES (White)		NZ
	To counteract resignation and apathy. Lift above plateaus. Aid the immune system.	
RAUPO		NZ
	To handle dislike of self - physical. Inability to love yourself.	
RED CHESTNUT	Aesculus carnae	UK
Negative	: Over concern and fear for others - of calamity befalling them - fearing the worst. Fear that a minor complaint in another person will become a serious one. Such fearful, negative thoughts harm us and those around us.	
Positive	: Ability to send out thoughts of safety, health or courage to those who need them. Ability to remain calm, mentally and physically, in any emergency.	
Attachment	: calm but caring detachment when others are in need; for over-concern and obsessive worry others.	
Calm	: sending calm, healing thoughts to others; releasing worry or over-concern for others.	
Doubt	: inability of others to handle a crisis; negative concern for others.	
Fear	: over-concern and worry for others.	
Mother	: over-fretful concern about child.	
Obsession	: with fear for others; fantasized worries about others.	
Pregnancy	: for over-worry and concern about pregnancy or for a new child; over-anxious.	
Sensitivity	: over-concern about the problems of others; fear and worry.	

RED CLOVER	Trifolium pratense (pink-red)	USA
Calm	: sending calm, healing thoughts to others; releasing worry or over-concern for others	
Centredness	: in the midst of group hysteria and panic.	
Death and Dying	: helping to deal with charged family situations at times of death or terminal illness; for hysteria and other emotional extremes.	
Disorientation	: tendency to hysteria and panic, especially group situation.	
Emergency	: calm and centred despite group panic; dispels hysteria; promotes leadership in crisis situation	
Hysteria	: fear and panic in group situations.	
Leadership	: in crisis situations; keep a calm centre when others are in panic.	
Overwhelmed	: by the influences of group emotion; crowd hysteria or panic.	
Protection	: from group panic and hysteria.	
Vulnerability	: to group panic and hysteria.	

RED GREVILLEA	revillea speciosa	AUS
Negative	: oversensitive, affected by criticism, and unpleasant people, too reliant on others.	
Positive	: boldness, strength to leave unpleasant situation indifference to the judgements of others. This remedy is for people who feel stuck, "bogged down". It acts as a catalyst for those wanting to leave situations and move on, it's for people who are too reliant on others. It promotes independence and boldness. The remedy may not appear to be immediately effective, however in its own subtle way it is extremely effective. Like the Grey Spider flower this plant is a member of the Grevillea family its flowers are a dark red colour, similar in colour to the Waratah.	

RED HELMET	Corybas dilatatus	AUS
Positive	: Male bonding. Sensitivity. Respect. Considerate.	
Negative	: Rebellious. Hot-headed. Selfish. This remedy was made in the Sterling Range under unique circumstances. We knew there's an orchid for helping a man bond to their children and how we came to find that it this particular unique orchid is a full story in itself. This remedy was made on Mt Toolbrunuk, the second highest peak in the Sterling ranges, requiring not only sunlight but moonlight in the making up of the bonding of the fathers to their children. It is also for children who as a consequence of the lack of bonding have unresolved father issues which if isn't cleared can later manifest as recurrent lifelong rebellious attitude to authority figures - Police, Headmasters etc.	

RED LILY	Nelumbo nucifera; Northern Territory	AUS
Negative	: vagueness, disconnectedness, split, indecisive, lack of focus, daydreaming.	
Positive	: grounded, focused, living in the present.	

RESCUE REMEDY		UK
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For FIRST-AID use, EMERGENCIES AND ASSOCIATED STRESS

This is a composite of five Flower Remedies IMPATIENS, STAR OF BETHLEHEM, CHERRY PLUM, ROCK ROSE, and CLEMATIS - Discovered and used with great effect by the late Dr. Edward Bach. If you have received a shock of any kind, sudden bad news, if there has been a family confused, even in terror or in a panic, Rescue Remedy will come to your aid by helping you to face up to these problems of stress. When you are awaiting some important news, about to take exams, attend a difficult meeting or have an interview; if you are going on stage, speaking in public about to take your driving test or going to the dentist or into hospital, Rescue Remedy will always help to relieve your apprehension; likewise, whenever you feel "uptight", tense or unduly bothered, it is a good natural healer and can usually restore your balance and confidence. On occasions when your mind is over-active or not at peace take a dose or two in the evening and before going to sleep but do not expect Rescue Remedy to counteract automatically the disturbing effects of TV horror films and other exciting items seen and heard late at night - you must switch it off in time! In all these problems try to overcome them positively and use Rescue Remedy to assist your effort.

Many have proved that having Rescue available for immediate use to nullify the sufferer's shock and fear is of the utmost importance in helping the natural healing process of one's being to proceed without hindrance. Rescue Remedy provides an effective treatment for stress particularly resulting from emergencies. If, for example, there has been a bad accident at home, out of doors or on the road, those involved may be experiencing one or more of these emotions: shock, fear, terror or panic severe mental tension, a feeling of desperation or a numbed, bemused state of mind. In the circumstances a doctor should have been called immediately and while the giving of Rescue Remedy does not, nor is intended to take the place of medical attention, it possesses life-saving potentialities so that until the doctor's arrival it can relieve the sufferers' fear and help to restore calmness.

Treatment for Accidents - Dosage for Rescue Remedy Stock (when used as a separate Remedy)
For immediate or emergency use, 4 drops in a small glass of water (can be taken in other liquids - eg fruit

juice, various beverages) to be sipped frequently - replenish glass to continue treatment if necessary. If the sufferer is unable to swallow, or in a comatose state, then the lips, behind the ears and the wrists should be moistened with the Remedy. It is always worthwhile to carry a small bottle with you in case of unexpected need.

External Application "Rescue Remedy" cream can be applied to lacerations, bites, stings, burns, sprains, massage and many other needs. The "Rescue Remedy" liquid can be diluted and used externally as a lotion. A couple of undiluted drops direct from the bottle will also help above conditions, except of course where the skin is severely broken.

Please Note Rescue Remedy is a natural remedy, it is entirely safe, it has no side effects nor is it habit-forming and it will not interfere with any other medical treatment. Remember Rescue Remedy for your pets, domestic animals and any other living creatures; if they have suffered fright or injury 4 drops on food or in their drinking water can benefit them immensely. Repeat if necessary. Similarly in the garden and greenhouse. Here it can be used for a transplanted tree, foliage or potted plant; 10 drops for the first, 4 for 2nd.

Emergency Shock : over-all emergency remedy.
: over-all recovery from shock and trauma, especially for immediate use.

REWA REWA Knightia excelsa NZ

Positive : Healing of racial rifts. Brother/sisterhood. Honouring of all people.
Negative : Racial problems, racial tensions, deep emotional wounds and rifts. Loss of brother/sisterhood. These feelings may have arisen from a superiority - feeling - "better than", because of skin colour; "better than", because of culture and religion; "better than", because of educational standards. These three feelings are held by either side, or both. This essence is for self, family, race and nation. It is a balancing essence and is spiritual in its work.. For racial problems where there are tangible results of the strife and rifts at the etheric physical level, Dianthus (red) is the essence needed. This essence is for "blood on the ground"cleansing, for healing past bitterness and hate, whether of land or heart, or house, It is best used with group energy, and crystals, and needs a willingness to see disputes settled to the mutual advantage of all parties. This essence is a quietening, passive essence working at the physical level.

RHODODENDRON Fragrantissima NZ

Negative : For those who feel overwhelmed with responsibility. For those who push themselves too hard. Submissive to the point of overload. Waking early. Tired on rising. Unrefreshed. Emotional attachment. For people working with tragedy.

Positive : Helps bring receptivity, compassion, empathy and unconditional love. Helps one to philosophical acceptance. Responsibility.
The negative aspects are to do with opening our hearts in empathy and then getting frightened by the intensity of our feelings and substituting denial, pity or any other defence against the spontaneous reaction of the heart, which then constricts the heart. For when helping starts to hurt - be it ourselves or others. To remain open to suffering, despite fears, is grow to unconditional love. Use Rhododendron with all who have major adjustments to make: heart patients, amputees, paraplegic people, submissive people. People live very much in their heads, with heart and head separated, controlling their emotions. Often with recipient needs a clearer understanding of pity or sympathy. Sympathy is coming from the solar plexus chakra and is a negative feeling with negative energy. You feel smug that it did not happen to you, but anxious that it might - or proud satisfaction that you feel so keenly another's hurt - and a "better than" energy emerges. Compassion, however, is a positive energy, as empathy is, and comes from the heart chakra. You understand the reason for the reality of the situation. The person has chosen this experience and it is a chance for their greater awareness and greater growth. If the person working with the patient in the traumatic situation can master his/her own emotional reactions he/she can then vibrate an energy that allows the other not only to experience their own feelings, but also to master them. If the person can't do this ie the healer/helper the patient suppresses his/her feelings and the potential for help/healing is very much lower. This is why you do not touch/comfort/stop a person expressing their feelings in a traumatic situation. If they do that they cannot release their feelings. They block the energy off and this causes problems. If you feel love and will not admit it, and pretend it's not true, as a defence, you may develop heart difficulty because a traditionally positive emotion - love - has become negative because it is not expressed. An emotion becomes negative when it is denied and not expressed. What is too painful, too threatening, is denied. This is a natural means of self-protection used by the subconscious in its role to help us feel safe. Here the denial is without conscious thought direction. It is from the subconscious and is automatic. A positive emotion is any emotion that has been honestly expressed, not to hurt another, but to release it. Anger talked out, written out, mediated out, beaten into a pillow - with the intention of releasing it - becomes totally positive. Ironing is an excellent way of releasing pent-up anger and it doesn't need great force! Also use this essence for senility and for the family of the dying. An excellent quote is useful here from Stephen Levine, Healing into life and death: "Pity is the experience of meeting pain with fear. It makes you want to change the moment and how it is - I want you out of your pain because I want me out of mine. Pity can be a very self-oriented emotional state - very uncomfortable. Pity has a quality of considerable need about it. Compassion is touching another's pain with love, telling it to be as it is, meeting it with mercy instead of fear and perhaps hatred. If we want something from someone even for them to be out of their pain, they become an object in our mind rather than the subject of our heart. The submissive person suffers to save themselves the embarrassment of an aggressive act - they become too submissive and overload. To be submissive in a fair situation is natural. Aggressiveness is not always

negative as we have been taught; it can be totally positive. To allow others to overload you, with the possibility of bad health is showing weakness and is a Centaury (Dr Bach) type person. Here, the submissiveness is because of the emotional sympathy.

RHODODENDRON	Arboreum smith XR caucasicum Sir Robert Peel	
Positive	: Being positive. Living the way of the adventurer	
Negative	: Attacking the negative in yourself. Wanting to overcome it, be the warrior who fights to death. There is an urgent need to understand, as Dr Bach did, that essences do not attack and overcome. What disappears in light is not attacked. It vanishes because it is not true. Understanding brings the love and light that causes the fear to vanish. The adventurer seeks to understand, not overcome. Essence therapy is not a series of battles. You also are not battling your negativity. Loving yourself in midst of anger jealousy, whatever, is the way - acceptance of the emotion that bothers you, then attention to understanding the cause, the reason why, then letting it go. One day I found myself suffering from cystitis, a problem I had not had for many years. I could not remember the reasons. So I checked Louise Hay's book You can heal your life - and it gave the probable causes as either "criticisms, or reacting like a kid" - I needed to read no further. That day I had planned to see my new granddaughter. I arrived at her place to find neither parents, baby, or anyone else there. I did not receive any explanatory phone calls and about four hours later I realised I had cystitis. I accepted the "reacting like a kid" cause. I felt a though Father Christmas had forgotten me. I let the emotion go as a very positive teaching experience and affirmed that all was well with parents baby and myself. The cystitis cleared like magic. A phone call much later explained the circumstances of the unavoidable cancellation! Another aspect of loss of positivity arises when one feels loss of faith. The fearless search for "What is truth? What is external? What am I? is not loss of positivity. Faith is not lost in a fearless search that questions ones beliefs. It is instead an endeavour to lift faith to a higher level. This aspect can be understood in the light of past ages. Pre-scientific age people made the sun a God and worshipped it. Then the scientific age came and people no longer believed the sun was God. But in the age of mysticism Francis of Assisi called the sun his brother and spoke to it with reverence. Faith moved upwards from the fearful people worshipping a Sun-God, to the fearless people not needing the sun to turn to, and so faith appeared again at different level, by seeing a new relationship with the sun as brother figure. Thus this essence helps one to separate from the primitive fears, and progress to where compassion and understanding of people arises, and gods are not needed to abate those fears; progressive thinking about the Aquarian Age is then also a movement forward from old fears and negativities. This is a stimulatory essence at the spiritual level.	
PEACE ROSE	Pax rosa	NZ
Negative	: For those who are uncertain about themselves and their destiny. For those at time of death. At grief to accept peace. For those at the crossroads.	
Positive	: Brings acceptance, tranquillity, harmony, love, leadership, and trust, leadership, creative choices, surrender, interdependence with one's higher self. Marilyn Ferguson said "Peace is not the opposite of war. The opposite of war is co-operative action". This is an extension of Koromiko but here the co-operation is always with one's higher self or the will of God. The need for Rose comes up at a time when there needs to be rechanneling of energy towards a new path and the choices need to be understood; for those seeking a new direction after a conscious direction has been thwarted and again choices need to be understood. A key factor is interdependence, this is positive dependence on one's higher self for guidance balanced with positive independence, realising you create your own reality; ie you choose, you have power, you have impact in your world, you have a destiny. This essence is for those at the cross-roads. Trust and surrender. Not needing to possess, not needing to manipulate or control, not needing to be " better than" (having righteousness as a badge). Able to accept, feel peaceful and love.	
ROCK ROSE	Cistus rosa	UK
Negative	: The Remedy for rescuing from Terror - Panic. From an accident or near escape. From the spectacle of an accident. Whenever there's terror in the atmosphere - both patient and those around are affected. A child's terror from a nightmare (a few drops in a little water sipped frequently will quickly calm).	
Positive	: Great courage - is willing to risk life for others. Self is forgotten. Strength of will and character.	
Courage	: self-transcending courage, especially in terrifying situations.	
Death and Dying	: for fear of death, especially the fear tha the ego will be utterly annihilated or destroyed	
Fear	: of loss of Self, death or ego-death.	
Transcendence	: of individual identity through great courage.	
ROCK WATER	Viscaria arabis	UK
Keywords	: self repression and denial.	
Negative	: Over-concentration on self. A taut tightened- up person. The Remedy for those with strong opinions and who allow their minds to be ruled by prized theories. Rigidity of outlook, often physical as well. Hard taskmasters on them-selves. Self-denial - Self-domination, even Self-martyrdom. They do not usually interfere the lives of others because they are far too concerned with their own perfection and setting an example for all to behold.	
Positive	: Has high ideals - a flexible mind and one who is willing to forsake an original theory if a a greater truth is revealed. Has sufficient conviction not to be easily influenced by others. Such joy and peace	

Criticism : experienced, that others are encouraged to follow.
 : of self - overly strict standards.
 Eating Disorders : overly strict in diet, ascetic approach; harsh physical regimen.
 Flexibility : flowing attitude toward life; for easing overly-strict standards.
 Hardness : on self: overly strict standards.
 Idealism : overly strict ideals for self and others.
 Martyrdom : overstrictness with self; self-denial.
 Obsession : with strict standards for self; asceticism.
 Repression : of self through over-strictness.
 Seriousness : overly strict with self.
 Spontaneity : flowing attitude toward life.
 Tolerance : of one's own imperfections and needs.

ROSEMARY

Rosemarinus

USA

Aging : when forgetful, tendency towards drowsiness.
 Awakeness : when there is a tendency towards drowsiness or forgetfulness.
 Body : poor memory and tendency to sleepiness, often accompanied by poor circulation, cold extremities
 Disorientation : feelings of sleepiness and memory loss; for being too discarnate, not anchored fully in physical body.
 Groundedness : for overly discarnate states; reduced ego forces that cannot properly come into the body; forgetfulness, memory loss.
 Warmth : not able to fully contact or experience soul warmth, often with poor circulation in the physical body.

SAGE	Salvia officinalis	USA
Aging	: discovering the inner wisdom of life experiences; inner contentment and peace about the meaning of one"s life.	
Awareness	: of the inner wisdom of life experiences, the meaning of life.	
Insight	: into the meaning of life; wisdom and acceptance.	
SAGEBRUSH	Artemesia tridentata (yellow)	USA
Addiction	: letting go of old habit patterns and lifestyles which may contribute to drug use.	
Attachment	: to false identity and life circumstances which are no longer appropriate.	
Cleansing	: shedding of false identity; letting go of old lifestyles or personal identity that is no longer needed; emptying.	
False Persona	: of internal self-image; need to find essential self; inner purification.	
Habit Patterns	: breaking free of old identities and habits which are no longer appropriate or are inessential; finding what is essential or true for oneself.	
Honesty	: inappropriate identity or self-image which needs to be released; internal purification; often when there is a splitting of the Self.	
Letting Go	: of false identity, old lifestyles or personal identity that is no longer appropriate; releasing "excess baggage".	
Non-Attachment	: to inessential aspects of Self; letting go.	
Purification	: shedding of false identity; emptying what is no longer essential to one"s destiny.	
Release	: of false identities; "excess baggage" or what is inessential.	
Transitions	: letting go of inessentials that no longer serve a purpose; inner purification.	
True to Self	: shedding past identity; no longer appropriate.	
SAGUARO	Cereus giganteus (white, yellow centre)	USA
Adolescence	: extreme feelings of rebelliousness; resistance to authority figures.	
Alienation	: from authority figures; rebelliousness.	
Authority	: conflict about authority; respect for true spiritual authority.	
Conflict	: about authority or in relation to male power.	
Father	: conflict about authority.	
Masculine	: relation to spiritual authority and guidance, the "grandfather".	
SAINTE JOHN'S WORT	Hypericum perforatum (yellow)	USA
Alertness	: for those who are overly expanded into a dream- like consciousness.	
Awakeness	: for those who are overly expanded into a dream- like consciousness, unable to come properly into bodily consciousness.	
Certainty	: of one"s inner light; of divine protection; especially for fear.	
Childhood	: fear of the dark and other related sleep traumas (eg bedwetting)	
Confidence	: to face the world by the strength and protection of one"s inner light.	
Day-Dreaming	: too much in the world of dreams, or out-of-body states.	
Death and Dying	: for fear of out-of-body states; helping to anchor inner light and awareness as the soul expands beyond the physical world.	
Devitalization	: by living too much in the periphery, too expanded; need to develop inner strength.	
Dreams	: disturbed, fearful dreams.	
Emergency	: protection in injury or life-threatening situations; restores inner light; protection during out-of-body states.	
Fear	: fear during dreams or out-of-body trauma; fear of spiritual adversaries.	
Groundedness	: protection when too open and expanded.	
Insecurity	: at nighttime, especially in children.	
Insomnia	: dream disturbances, especially when connected with fear.	
Lightness	: feeling the strength and protection of one"s inner light.	
Protection	: during dreaming; from astral influences; trust in divine protection.	
Receptivity	: to the "inner light".	
Sensitivity	: over-expanded psyche; vulnerability to harmful influences.	
Spiritual Experiences	: protection while outside the body, especially during dreams or from overly expanded or psychic states of mind.	
Trust	: in divine protection in the world and in all that surrounds us.	
Vulnerability	: to psychic influences, fearful experiences; especially in dreams.	
SCARLET MONKEYFLOWER	Mimulus cardinalis (red)	USA
Addiction	: use of drugs to blot out true feelings, especially anger and powerlessness.	
Anger	: fear of anger; recognising and transforming anger.	
Avoidance	: of dealing with or experiencing anger and strong emotions.	
Awareness	: of powerful emotions, anger.	
Catharsis	: of powerful emotions, especially anger.	
Communication	: for need to communicate true feelings, especially powerful emotions.	
Courage	: courage to face powerful emotions.	
Death and Dying	: for anger about death; for the encounter with the double or shadow side at death.	
Destructiveness	: tendency to sudden or blind rage, extreme anger, often held back then suddenly released.	

Fear : of powerful emotions, anger.
 Freedom : to express one's emotions openly and honestly.
 Hate : feelings of anger, explosive emotions due to powerlessness.
 Lower Self : transforming anger and powerful emotions; facing the "shadow" side of Self.
 Negativity : strong anger or power plays, often unacknowledged
 Power : fear and conflict about owning one's emotional power, especially with deeper emotions.
 Repression : of anger and strong emotions.
 Shadow Side : awareness and transformation of "darker" emotions especially anger and power.
 Social Relationships : power and anger issues in relationships.

SCLERANTHUS Schleranthus biflora UK

Keyword : uncertainty - indecision
 Negative : Indecision. Grasshopper mind. Swayed between two possibilities. Uncertainty. Varying moods, light and shade. Experiences extremes of: Joy and Sadness; Energy and Apathy; Optimism and Pessimism, Laughing and Crying. Can be unreliable - uncertain due to constantly changing outlook. Wastes time and loses opportunities. Lack of poise and balance. Subject to car, air or seasickness.
 Positive : Calmness. Determination. Makes quick decisions. Takes prompt action. Keeps poise and balance under all occasions.
 Ambivalence : in decision-making.
 Balance : between conflicting tendencies.
 Choice : acting decisively from inner knowingness, rather than vacillating between alternatives.
 Confidence : in making decisions especially with tendency to vacillate.
 Conflict : in making decisions.
 Decisiveness : when torn between two choices.
 Doubt : about one's feelings and thoughts; indecision.
 Erratic : in thoughts and actions; tendency to vacillate from one choice to another.
 Hesitation : fluctuating between two possibilities in making decisions.
 Immobilized : from alternating between two choices.
 Indecision : fluctuating between two possibilities, "back and forth" deliberation.
 Judgement : forming clear judgements instead of being pulled from one choice to another.
 Life Direction : when vacillating between two choices.
 Moderation : balancing between two extremes.
 Pregnancy : for doubts and indecision about the many life changes brought about by pregnancy; bringing inner equanimity.
 Scatterdness : switching from one idea to another.

SCOTCH BROOM Cytisus scoparius (yellow) USA

Acceptance : of obstacles; especially when accompanied by a sense of world doom.
 Depression and Despair : discouragement in the face of obstacles.
 Discouragement : especially feelings of world doom.
 Doubt : particularly about the world situation; feeling, "what's the use?"
 Faith : of one's contribution to the world; a sense of world doom.
 Gloom : seeing social obstacles or global problems as opportunities for growth and service in the world
 Manifestation : about global disasters and tragedies.
 Motivation : overcoming negative images of the world for positive social service.
 Perseverance : seeing opportunity for service in spite of difficulties; maintaining motivation to serve.
 Perspective : despite obstacles and difficulties in the outer world.
 Pessimism : seeing difficulties as opportunities for service in a challenging world.
 Service : in the face of obstacles imposed by world situation.
 Strength : seeing world difficulties as opportunities for service.
 Strength : tenacity of purpose despite obstacles; especially with tendency to despair about the world.

SELF-HEAL Prunella vulgaris (violet) USA

Addiction : over-all healing support for addiction therapy.
 Ambivalence : about being well.
 Body : for arousing recuperative powers of the body.
 Cleansing : for over-all balance and regeneration during cleansing and healing process.
 Confidence : in one's self-healing abilities; especially with tendency to seek many outer forms of healing.
 Conflict : about being well.
 Doubt : over one's self-healing abilities.
 Eating Disorders : builds overall strength and vitality; encourages stronger life forces.
 Emergency : recuperation and rejuvenation; wholeness of etheric forces to counteract physical stress.
 Exhaustion : inability to contact inner healing forces.
 Faith : in one's own self-healing powers.
 Immune System : strengthening one's own health-creating forces.
 Individuality : contacting inner resources, self-reliance.
 Massage : brings new life-forces; promotes over-all health
 Psycho-Somatic Illness : for contacting the true source of healing in any illness; self-responsibility.

Rejuvenation	: of inner recuperative powers in all healing situations.
Seeking	: continual seeking of various healing regimens without inner willingness to be healed.
Self-Acceptance	: knowing the inner power of self-healing.
Self-Actualization	: to take responsibility for one's own well-being to face one's own karma.
Shock	: recuperative healing from shock.
Toner	: balancer for other powerful essences and therapies; brings self-confidence.
Trust	: in one's own self-healing powers, in the ability to be well.
Vitality	: by awakening the inner self-healing power.

SHASTA DAISY Chrysanthemum maximum (white/yellow centre) USA

Awareness	: of many diverse ideas as a unified whole.
Choice	: by synthesizing many diverse aspects to form a unified whole.
Concentration	: ability to bring many diverse ideas into a whole; seeing a unified picture uniting various parts.
Detail	: ability to combine or synthesize many different details into a large picture; mandalic thinking.
Ideas	: synthesis of many ideas into a living whole.
Insight	: into a diversity of ideas as a whole; seeing the pattern of the whole within many parts.
Mental Clarity	: ability to synthesize ideas into a meaningful whole; archetypal thinking.
Overview	: bringing diverse ideas into wholeness; archetypal insight.
Perspective	: about how diverse ideas form a meaningful whole.
Scatteredness	: scattered thinking; need for bringing integration and meaning.
Study	: integrating ideas into a whole; able to see over-all meaning in details.
Synthesis	: of many ideas into a living picture; over-all meaning, archetypal insight.
Thinking	: archetypal, wholistic thinking.

SHE OAK Casuartina glauca AUS

Negative	: hormonal imbalance in female, unable to conceive for no physical reason.
Positive	: hormonal balance, conception. A remedy which is very beneficial in the correction of female hormonal imbalance. It will benefit women, who for no apparent physical reason, are unable to fall pregnant. It removes those emotional blocks which prevent conception. It can also be used in conjunction with Flannel Flower which will remove the karmic patterns. The fruit of this tree are very similar in size to a woman's ovary. This remedy was developed from the female of the species.

SHOOTING STAR Dodecatheon hendersonii (violet/pink) USA

Alienation	: feeling not at home on earth.
Ambivalence	: about being on earth or being a part of humanity
Body	: deep-set alienation for the earth or human life, disassociated from the physical world.
Choice	: to accept life on the earth; for those who feel alien, who don't fit in.
Environment	: feeling not at home in; profound alienation, or sense of being "out of place".
Groundedness	: feeling at home on the earth and in human life; overcoming deep-set alienation.
Involvement	: with life on earth; for those who feel alienated from earth existence; need to accept being part of humanity.
Pregnancy	: to help the soul come rightly into earth; when miscarriage or premature birth is possible.
Social Relationships	: feeling alien; profound sense of not fitting into human society; being a stranger to Earth

SILVER PRINCESS Eucalyptus caesia AUS

Positive	: Motivation, a sense of direction, life purpose, to be in the present, single minded ambition.
Negative	: Aimless, despondent, feeling flat, lack of direction. Another rare eucalypt. Though widely cultivated there is only one remaining natural stand known as Boyagin Rock, in the south west of Western Australia. We had travelled to Western Australia in order to find a red eucalypt which we knew had properties relating to life purpose and direction. It turned out that Silver Princess was the one we were after, and of all the eucalypts there is none which is more attractive than this tree. Though it may not always reveal to a person their full life purpose it will aid people who are at a crossroad, and not sure of what their next step is. It helps give them understanding and direction for their life. The remedy is also for after having an important goal and you finally get there and yet feel very flat, as if "is there all there is". It helps give you a sense of where the next direction, "what the next step is", to keep you going and help clear that flat anti-climax feeling.

SLENDER RICE FLOWER Pimelea linifolia AUS

Negative	: pride, jealousy, racism, narrow mindedness, comparison with others.
Positive	: humility, group harmony, co-operation, perception of beauty in others. For treating racism, narrow mindedness and a lack of humility (the world has, in the last century throughout its many wars, had grim evidence of the ramifications of these attitudes). This remedy can be used by a group or where individual egos get in the way. It allows for greater co-operation between people for the common good. It has the ability to make an individual aware of the common divinity in all people.

SOUTHERN CROSS	Xanthosia rotundifolia	AUS
Positive	: Personal power, responsibility, optimism	
Negative	: Victim mentality, complaining, bitter, martyrs poverty consciousness. This was also made in the Sterling Ranges, Western Australia. This remedy helps people to understand that they create the situations that happen to them in their life. That it is not only the negative ones we create but also the positive and that we can change our situation by changing our thoughts. It is for those people who have a tendency to feel that they are a victim that life has been hard to them, that they have been hard done by.	
SPINIFEX	Triodia sp Palm Valley, Northern Territory	AUS
	: For cutting/stinging like pains as found in blister like lesions such as Herpes as well as fine, clean, incise cuts. Typically 7 drops are placed in clean water, moisten a pad which is placed over fresh wounds or fill a misting bottle and spray. Use also to treat Chlamydia. This remedy can be used internally or externally at the same time. For example, with Herpes, taking Spinifex internally the Essence will reveal the emotional cause that is creating the disease. These causes can then be resolved with the appropriate Essences and/or counselling etc. At the same time the lesion is quickly being healed by the topical application of Spinifex.	
Negative	: herpes, chlamydia, fine cuts; sense of being a victim to illness.	
Positive	: empowers one, through emotional understanding to heal the physical.	
STAR OF BETHLEHEM	Ornithogalum umbellatum	UK
Keyword	: shock	
Negative	: SHOCK in any form. An accident - sudden sad news. A bad fright - a grievous disappointment. Many unsuspected, delayed-action effects from shock.	
Positive	: Neutralises shock and the effect of shock whether immediate or delayed. "The comforter and soother of pains and sorrows"	
Calm	: for soothing and harmonizing the effects of shock or trauma.	
Death and Dying	: soothes shock resulting from hearing of death or learning of an impending death.	
Grief	: for the shock of death or other tragedy - calming and soothing.	
Shock	: soothing, maintaining inner peace	
Soothing	: when suffering from shock or trauma; restores inner peace.	
STAR THISTLE	Centaurea solstitialis (yellow)	USA
Fear	: of lack, leading to stinginess.	
Greed	: tendency to be stingy; lack of generosity.	
Possessiveness	: stinginess, inability to share self or possessions.	
Sharing	: giving of oneself to others, especially when tendency to stinginess.	
Social Relationships	: for sharing and generosity, giving of oneself; especially with tendency to be miserly or stingy.	
STAR TULIP	Calochortus tolmiei (white/purple)	USA
Addiction	: for true connection to Spiritual Self, especially when drugs are used to stimulate false psychic states.	
Awareness	: of inner realms; inner listening, especially greater receptivity to subtle states of awareness	
Barriers	: feeling a barrier in relation to the Higher Self; need to build more receptive listening.	
Clarity	: ability to contact higher realms.	
Dreams	: greater dream recall, more awareness of subtle realms.	
Dullness	: lack of awareness of spiritual realms; brings psychic receptivity.	
Environment	: awareness of subtle influences and energies in the environment.	
Feminine	: spiritual receptivity, opening the feminine aspect of the self to higher worlds; listening or telepathic attunement.	
Grace	: being in touch with the anima, more gentle feminine aspects of self.	
Hardness	: resistance to the inner voice of the spiritual realm; need for a softening of soul forces.	
Harmony	: in relationship of the soul to the spiritual world; feeling attunement to higher realms.	
Ideas	: receptivity to spiritual information.	
Listening	: to the voice within; receptivity to spiritual influences.	
Masculine	: softening overly masculine qualities, bringing forth the anima qualities.	
Massage	: opening and sensitizing.	
Meditation	: overcoming blockages to spiritual receptivity; inner listening ability.	
Mother	: ability to contact the spiritual identity of the child; spiritual attunement to real needs of child.	
Pregnancy	: developing telepathic communication with child; sensitive awareness of child's needs.	
Purification	: in relationship to the spiritual world.	
Quiet	: inner peace and receptivity; inner listening.	
Receptivity	: to spiritual worlds; especially listening to the voice within.	
Sensitivity	: to spiritual realms; inner receptivity.	
Softness	: openness; listening and receptivity through the feminine forces.	
Spiritual Experiences	: softening any resistance to the spiritual realm.	

STICKY MONKEYFLOWER Mimulus aurantiacus (orange)

USA

Adolescence : awkwardness of sexual feelings; fears of intimacy.
 Fear : of intimacy, especially sexual.
 Inadequacy : feelings of sexual inadequacy or awkwardness.
 Loneliness : awkward with intimate expressions.
 Repression : of sexual feelings due to fear of intimacy.
 Sexuality : fear of intimacy, of dealing with sexual energy; imbalanced sexual expression.
 Warmth : in intimate relationships.

STURT DESERT PEA Clianthus formosus; Hugh River, Northern Territory

AUS

Negative : pain, deep hurt, sadness
 Positive : for letting go, finding life's purpose, diffuses sad memories, motivates and re-energizes. For removing very deep hurts and sorrows in the process help a person to become clear as to their life purpose. It's also from great mental trauma resulting from the past .. eg too much responsibility from childhood or adulthood leading to a present feeling of being overwhelmed by responsibility now. This is an extremely powerful remedy and like so many of the Essences help the person bring about amazing changes in their life.

STURT DESERT ROSE Gossypium sturtium Olgas, Northern Territory

AUS

This Essence is for guilt. It's for following your own inner convictions and morality, helping you to choose what you know you have to do. It can restore self esteem that has been destroyed from actions in the past that you may feel guilty about.
 Negative : guilt, low self esteem, easily led.
 Positive : courage, conviction, integrity, true to self.

SUN DEW Drosera spathulata

AUS

Negative : vagueness, disconnectedness, too many projects, split, lack of focus, daydreaming
 Positive : attention to detail, grounded, focused, living in the present.
 For people with too many projects, who don't pay attention to detail, or those who tend to split off very easily, especially when there is work to be done. This remedy will keep them in the present. It's for people who tend to be day-dreamers, those easily distracted or drawn to drugs. This carnivorous plant is found in damp, boggy areas and has a crimson earth hugging base. It sends up a tall long stem to which are attached delicate white flowers.

SUNFLOWER Helianthus annuus (yellow)

NZ

Negative : For those who desire to serve humanity, but who need to watch personal ambition and selfishness
 : Superiority that can hurt people's feelings.
 : Righteousness. "Better than" attitudes.
 : For those who overlook the human touch
 Positive : Helps open one to compassion and tenderness for helpless people and animals
 : Humanitarian
 : Humility
 : Interdependency
 : Power

When carried to extreme there is deception of the public and dishonesty, but always the cry: "It's for the good of the city, community, school". Belief that corporal punishment is "good for the child" and "it hurts me more than it does you but it's for your good" type of thinking. Hitler's regime at the beginning "For the good of the Fatherland". France's nuclear testing in the Pacific: "For the good of world peace". Stockpiling of nuclear or conventional weapons for the same reasons. Use with children who are selfish in working/saving for a certain goal. (to buy a bike, travel, etc) and ask for money for everything they do. Nothing is done for love. For the reformers the answer is: "You would reform the world? Begin with yourself, brother." The message of the unreformed reformer seldom inspires reformation, the saying goes. This can also often be self improvement fanaticism - and superiority can result. An addiction to knowledge is often for this reason. There is often the catchcry: "I know better than you. It's for your good". So righteousness and "better than" thinking is evident. Humility comes from an awareness of the uniqueness of our personality rather than the arrogance of superiority, yet with the uniqueness comes the recognition of our sameness. Our progression through childhood to adulthood should illustrate dependency - independence - interdependence. Understanding interdependence - our connection with everything that is - recognises our inherent ability to help in time of need, be it fellow man, environment, world situation, etc. Power is the ability to act. It has nothing to do with instilling fear, or with intimidation or overpowering someone. This is manipulation and often we envy manipulators their power. A truly powerful person doesn't have to continually tell you how powerful they are. They don't rely on manipulation to control their reality or you. They have humility. But ideas charged with mental power that strongly influence others can, when projected with great force and conviction, dominate large groups of people. The whole question is whether those ideas are negative or positive.

SUNFLOWER	<i>Helianthus annuus</i>	USA
Addiction	: low self-esteem associated with drug usage; healthy self-image.	
Adolescence	: conflict with father; development of masculine self, positive individuality (boys and girls)	
Aggressiveness	: balance of masculine qualities of aggressiveness by being in touch with the Higher Self; counteracting excessive egotism.	
Alienation	: from father figures, from masculine self.	
Authority	: conflict involving feelings about father or father figures.	
Childhood	: disturbances in the father relationship.	
Confidence	: radiant expression of individuality; positive, confident ego.	
Conflict	: about father image, or relation to masculine aspect of self.	
Death and Dying	: resolving conflicts with one's father; making peace with one's inner masculine self.	
Egotism	: over-compensating expression of individuality; need for balanced ego awareness.	
False Persona	: false or imbalanced egotism.	
Father	: conflict about father figures; disturbances in childhood about father.	
Feminine	: balancing with inner masculine animus.	
Inadequacy	: self-effacement; lack of balanced ego forces.	
Individuality	: balanced expression of ego identity	
Leadership	: radiant individuality; positive influence on others.	
Masculine	: relation to the father, to one's inner male aspect; individuation; balanced ego development.	
Power	: balanced power and ego strength.	
Pride	: egotistical sense of self-importance, over-bearing individuality.	
Self-Actualization	: radiant expression of individuality.	
Self-Aggrandizing	: unbalanced egotism.	
Self-Effacement	: suppression of individuality.	
Self-Esteem	: sun-like, radiant individuality; owning the "I" or Self	
Sexuality	: need to balance animus (inner masculine).	
Social Relationships	: healing father relationship.	
Strength	: of the balanced ego.	
Transcendence	: of lower ego to "Sun Self".	

SUNSHINE WATTLE	<i>Acacia terminalia</i>	AUS
Negative	: stuck in the past, expectation of a grim future, hopelessness.	
Positive	: acceptance of the beauty and joy in the present. Joyful expectation For people who've had a rough trot in the past and who are stuck in that past. They project their negative experiences of the past into the future. Life is seen as being grim and full of struggle. When they look to the future they only see bleakness, hard times and disappointment. In the positive mode these people will see the beauty, joy and excitement of the present.	

SWEET CHESTNUT	<i>Castanea sativa</i>	UK
Keyword	: extreme anguish	
Negative	: Terrible, appalling mental despair. Extreme mental torture. Anguish of bereavement. Reached limit of endurance. Almost destroyed. Exhaustion and loneliness is total. Future is complete darkness. No hope - no peace.	
Positive	: Strong character. Full control of emotions. Likely to keep troubles to self. Those who, despite unbearable anguish, can call on God/Spirit for help and put their trust in God/Spirit. The cry for help is heard and miracles happen!	
Death and Dying	: extreme mental anguish and sense of isolation within the soul; a feeling that one is cut off from God.	
Depression and Despair	: extreme anguish; the "dark night of the soul"	
Faith	: when stretched beyond all limits; extreme mental isolation and anguish	
Transcendence	: when stretched beyond all limits; intense anguish	

SWEET PEA	<i>Lathyrus latifolus</i> (red-purple)	USA
Alienation	: not feeling connected with family or community, fear of social commitment.	
Conflict	: with others in community or family.	
Fear	: of social commitment in family or community.	
Groundedness	: finding roots in community life.	
Involvement	: with community or family life; social rootedness.	
Loneliness	: feeling cut off from community or family ties.	
Seeking	: social connectedness and roots.	
Social Relationships	: relating with others, finding community.	

TALL YELLOW TOP	Senecio magnificus, Ormiston Gorge, Northern Territory	AUS
	This remedy is for alienation. There is no connection or sense of belonging or anything - family, workplace, country, self, etc. The head has taken over from the heart and soul. As many of these people have been in this state for a long time it may need to be used for longer periods say 6-8 weeks without a break. Be patient with results if they sometimes appear slow acting. Remember that some of these people HAVE been in this state for a long time. More than a lifetime?	
Negative	: alienation, lonely, isolated	
Positive	: sense of belonging, acceptance of self and others, knowing that you are "home".	
TANSY	Tanacetum vulgare (yellow)	USA
Action	: taking decisive action; cutting through lethargy.	
Apathy	: sluggishness; overly-phlegmatic energy level.	
Body	: tendency to be lethargic, heavy-set.	
Catalyst	: for overcoming sluggishness, indecisiveness.	
Decisiveness	: when lethargic; tendency to procrastinate.	
Eating Disorders	: tendency to heavy-set body or over-weight due to sluggishness, lethargy.	
Hesitation	: difficulty about being decisive; tendency to lethargy, "sitting" on one's energy.	
Immobilized	: sluggish, lethargic, overly phlegmatic, indecisive.	
Indecision	: delaying decisions, not acting when action called for.	
Inertia	: hesitant, indecisive, lethargic.	
Motivation	: low motivation, lethargy, procrastination.	
Procrastination	: to act on what one knows needs to be done overcoming lethargy.	
Sluggishness	: due to indecisiveness; physical lethargy and phlegm.	
Will	: when will forces are too sluggish procrastination.	
TIGER LILY	Lilium columbianum (orange/brown spots)	USA
Aggressiveness	: tendency towards over-assertiveness, over-masculinity; brings feminine balance.	
Altruism	: overcoming aggressiveness in work with others.	
Ambition	: Over-masculine striving.	
City Life	: tendency toward aggressive behaviour.	
Competitiveness	: Overly-aggressive competition; transformed positive social action.	
Cooperation	: working with others for the common good; over-coming aggressive tendencies	
Feminine	: Balance of the feminine forces when tending toward overly-masculine assertiveness; also transition to menopause, re-orienting feminine forces.	
Hostility	: transmuting hostile or aggressive tendencies; developing feminine balance.	
Leadership	: to balance an overly aggressive nature.	
Lower Self	: transmuting hostility and aggressiveness.	
Masculine	: tendency to over-masculine traits, especially aggression; needing to bring feminine balance.	
Power	: when aggressive and over-striving; need to bring feminine balance	
Service	: feminine impulses balancing masculine assertiveness in business life.	
Social Relationships	: cooperation with others without aggressiveness.	
TOTARA SEED	Podocarpus totara	NZ
Positive	: Life eternal. Knowing you are more than a body	
	: A breakthrough made.	
Negative	: Loss of life physically.	
	: Believing you are body only.	
	This essence is to leave life without a struggle consciously, by choice.	
	To be aware of the significance of the the spiritual content, and make battle, no guilt, no fuss, no feathers, when one chooses, by the " front door" (i.e. transformation) or back door (i.e. death). Your choice.	
	Also covers the physical sense of apprehension felt in the abdomen.	
	Keyed up, nervous, a coming ordeal with the known and unknown about it. These factors are also present when the awareness of the significance of some event needs to be understood. Here the level is spiritual although the physical/ etheric is affected. The reason is that body, mind and soul are all involved.	
	It is a balancing essence.	
TRILLIUM	Trillium chloropetalum (purple)	USA
Aggressiveness	: overcoming greed or lust for power.	
Altruism	: overcoming selfishness or greed; working for the common good.	
Ambition	: for power and possessions.	
Attachment	: to possessions, To power.	
Competitiveness	: aggressive greed and acquisitiveness.	
Cooperation	: ability to work for the common good; overcoming greed and unbalanced desire for power.	
Envy	: of the power of others; greed.	

VALERIAN	Valeriana aurea	NZ
Negative	: For those stressed and nervous. Disharmony, nervous; mind races. For those unable to sleep.	
Positive	: Helps one handle stress. Useful as a tonic for the mind. Helps insomnia. Brings calm and peace to nervous people, people embroiled in friction and nervous, unable to sleep well, mind races ceaselessly because of fast pace. Children after a hectic day out, school exams, etc. Valerian can be used to help people to be unaffected, undisturbed even though aware of other's problems; to enable them not to be drawn into disputes, letting others carry own burden, and not overloading self. Especially useful for children and babies. Use in bath water. Seven drops of stock has a settling effect. All cares fall away.	
VERBASCUM	Verbascum Virgatum	NZ
Negative	: For those who make mountains out of molehills : For those who are indirect	
Positive	: helps one face life's trials and difficulties with humour, equanimity, versatility : laughing at yourself. These fears don't have the directness or heavy energy of Mimulus. They don't have the "not knowing why" of Aspen. They don't have the "not within one's present knowledge" of Chelidonium. They are fears that can be "laughed away" especially in children. These are shadows-on-the-wall-type fears, ones we outgrow easily if we face them. Laughter is a form of medicine. A grand healer. It restores uplifts a person's outlook on life. Releases tension. Gets people in touch with the child within again.	
VERONICA	Perspica Veronica	NZ
Negative	: For those who use the guise of love for selfish ends. Pay offs. For those who understand others' weaknesses and use their understanding to "box" them. For those who manipulate others; laziness. For those who are always looking ahead.	
Positive	: Helps open one to equality, give and take. Helps bring united effort. The solar plexus chakra is involved here. "I love you because I need you" (not the heart chakra). Being with the "weak" can make a more able person feel stronger, hence domination. Equally the "weaker" one allows domination because of the pay offs. A bargain is reached consciously or subconsciously. Where the elderly dominate the younger relative, the basis is deep fear of being the basis is deep fear of being alone in old age. The chance for life and all its wide open possibilities are denied the younger because of fear. Submission can be positive as well as negative. When positive it has qualities of patience, allowing one time to wait for change and the courage to be imperfect. "This is how things are for now". A healthy child realises/learns his or her limitations and is prepared to wait until it is bigger/older/stronger/more schooled/etc. Laziness is distorted submission. The person realises what is happening, but can't be bothered changing things. "Don't rock the boat". "Let me be!" Holding the family member at home although they are lazy has pay offs on both sides. Veronica is for "pairs" but it is not often you have the opportunity to give it to both participants!	
VERVAIN	Verbena officinalis	UK
Keyword	: tenseness - hyperanxiety	
Negative	: Extremes of mental energy - over-effort, stress. Will force actions beyond physical strength. Tenseness causes inability to relax and subsequent sleeplessness. "Runs a thing to death". Highly strung - fanatical. Perfectionist. Sensitive to injustices. Mind always ahead, inclined to tackle too many jobs at the same time.	
Positive	: One who teaches that accomplishments are by Being rather than Doing. Great courage. Faces danger willingly to defend a cause. Calm, wise and tolerant with ability to relax. Always ready to listen. Holds strong opinions which rarely change but is ready to do so.	
Enthusiasm	: over-enthusiasm leads to extremes.	
Exhaustion	: nervous exhaustion from extreme or fanatical lifestyle.	
Fanaticism	: trying to convert others.	
Idealism	: over-striving fanaticism; over-intensity in promotion of ideas to others.	
Moderation	: in feelings and actions.	
Nervousness	: from over-enthusiasm, frayed nerves from over-striving.	
Obsession	: with one's point of view; over-zealous need convert others.	
Relaxation	: moderation, de-stressing, letting go of over-striving, excessive zeal.	
Seriousness	: overly fanatical about one's ideas.	
Stress	: from over-enthusiasm and extremism.	
Tension	: fanatical straining for a cause or ideal.	
Tolerance	: of other's beliefs.	
Will	: using personal will to convert others to one's view; pushing with the will beyond reasonable limits; over-zealousness to the point of fanaticism.	
VINE	Vitus vinifera	UK
Keyword	: domineering - inflexible	
Negative	: Tendency to use great gifts to gain power and dominate. Rides roughshod over others' opinions. Demands and expects absolute obedience. Aggressive pride. Craves power - greedy for authority. Ruthless in methods. Knows better than anyone. Forces will upon one and all. Can be tyrannical,	

	dictatorial. Enjoys power over others - is hard and cruel and without compassion. A parent dominating the home with iron discipline.
Positive	: A wise, loving, understanding ruler, leader, teacher. Very capable, confident and ambitious. Uses his great qualities to guide without the need to dominate. Helps others to know themselves and to find path in life. A leader who inspires others by his unshakable confidence and certainty.
Aggressiveness	: tendency to put one's own wishes before those of others; need to be in control.
Ambition	: for power over others.
Authority	: overly imposing one's authority on others.
Egotism	: overpowering the will of others with one's will.
Fanaticism	: imposing will on others, running "roughshod" over others.
Influence	: overly influential to others; strong-willed; limiting others' free will.
Leadership	: that respects the freedom and autonomy of others.
Masculine	: excessive masculine power and control.
Power	: trying to dominate others; need to have control of others.
Repression	: of the free will of others.
Self-Aggrandizing	: tendency toward control of others.
Service	: transforming tyrannical tendencies to positive service for others.
Tolerance	: of the right of free will of others.
Will	: imposing one's will on others.

VIOLA NZ
Viola spp

Positive	: Receptivity. Knowing one's value
Negative	: Loss of the sense of one's value. For when we question our value to those around us but more importantly to ourselves Should I be here? Am I a burden? To learn to receive. To feel completely worthy. To impart a knowing that we are in the right place at the right time. That life would be incomplete for those around us if we were not here. That we have much to give and are completely worthy of receiving much. As Dr Elizabeth Kubler-Ross explained in talking about her mother's fears of being a burden to her family in old age, perhaps a vegetable needing twenty-four-hour care - seventy years of giving to others, shouldn't others be able to give to her? She had three years of receiving care after she had a stroke. Was that such a heavy load to bear when to learn to receive is a valuable lesson. This is a passive essence, a quietening one, and a spiritual one.

VIOLET USA
Viola Oderata (violet-blue)

Alienation	: feeling different, as a stranger to others.
Aloofness	: openness to others, especially in groups.
Communication	: for those who tend to hold back in communicating, shyness.
Environment	: feeling separated from others in a group.
Fear	: of losing individuality in a group situation; tendency to shyness or retreat.
Individuality	: not losing self-identity in a group.
Involvement	: with others; overcoming shyness or fear that self will be submerged in the group.
Loneliness	: feeling shy about opening to others in a group.
Receptivity	: to the warmth of others in a group.
Self-Expression	: sharing and warmth with others, especially tendency to retreat or hold back.
Sharing	: with a group while keeping sense of individuality, especially when there is fear that one will be submerged in the group.
Shyness	: fear of losing self in group.
Social Relationships	: shyness, holding back in a group out of fear being absorbed by others.

WALNUT	Juglans regia	UK
Keyword	: Protection from change and outside influences.	
Negative	: Oversensitive to certain ideas, atmosphere and influences. May be affected by a dominating personality, forceful circumstance, a link with the past, family tie or a binding habit, any of which situations can hinder and frustrate plans or even a course of life.	
Positive	: Ideals and ambitions - such as those of pioneers, inventors or explorers - with a constancy and determination to carry them out despite adverse circumstances, opinions and ridicule. Walnut gives protection against the adverse effects of oversensitivity to certain ideas, atmosphere and influences. It is the Remedy for the transition stages life - teething, puberty, menopause and is definitely the link-breaking, spell-breaking bond-freeing remedy. Walnut is of much value when making big decisions such as changing religion, occupation or when moving home. When taking "great steps forward", breaking from old conventions, restrictions etc and starting a new Way, often with attendant sufferings of severance from valued associations.	
Authority	: independence from authority of others; for charting one"s own path in life free from the hindering influences of others.	
Death and Dying	: making transitions; breaking links, especially when others may "hold on " too tightly and not allow the release of the departing soul.	
Freedom	: from limiting influences, especially from past circumstances.	
Habit Patterns	: letting go of habits or lifestyle patterns taken on from the influence of others.	
Immune Disturbances	: ability to follow one"s own convictions; need for more inner strength and integrity.	
Influence	: limiting influences of others and past circumstances from which one needs to break free.	
Life Direction	: to find one"s own direction free of the influences of others.	
Pregnancy	: transition in and out of pregnancy.	
Protection	: from outside ideas and influences that exert great an influence in one"s life direction.	
Sensitivity	: to old ideas and influences; especially when ready to break with the past.	
Strength	: to follow own path despite other influence	
WARATAH	Telopea speciosissima	AUS
Negative	: Black despair, hopelessness, inability to respond to crisis.	
Positive	: Courage, tenacity, adaptability, strong faith, enhancement of survival skills. For the person who is going through a black of the soul, and is in utter despair. It gives them the strength and courage to cope with their crises and will bring their survival skills to the fore. This remedy will also enhance and amplify those skills. It"s for emergencies and great challenges. This powerful remedy only needs used for a couple of days. This remedy was made with great assistance and guidance in profound metaphysical rcumstances, from what was known to be the last flowering Waratah of the season. It is most appropriate that this is the first remedy presented in this guide to the Australian Bush Flower Essences.	
WATER HAWTHORNE	Aponogetan distachyus	NZ
Negative	: For those who refuse responsibility : For those who are dependent on others and let their own talents lie fallow. : intellectual hostility, insecurity : For those who are negatively rebelling	
Positive	: Helps one to be open to creativity : Helps one to open up to their own power and freedom : Helps bring awareness of own uniqueness and potential contribution Water Hawthorne is similar to Wild Oat, but there isn"t the searching within and the dissatisfied with life and what we"ve done our time that Wild Oat has. With Water Hawthorne there is no recognition that responsibility and its acceptance is a chance for growth. Lack of confidence is not the reason. There is no understanding of freedom responsibility and power and there is deep unexpressed anger. "One can do as one pleases". "I didn"t ask to be born". "I"m not responsible." There is defiance and negative rebellion all attitudes of society and basic norms. Non conforming e.g. the statement: "laws are made for the good of all - the rights of others must be respected" produces an "oh yeah?" reaction. No growth occurs when a child continues to depend on outer authority to survive. This leads to: inability to cope with mature relationships. Talents lie fallow. Agnostic and hostile to others religions/beliefs. Materialistic life style wanted and feeling isolated from society. Only security in groups of like-minded people. Eccentric - unconventional, in negative ways. For example, the suggestion that "what you put into life is a measure of what you get back" produces an "oh yeah" type defiance. The essence is also used for women who have had controlling, domineering fathers and were never allowed to make independent decisions or take independent actions. They then sometimes marry men like their fathers and land in the same emotional position. They have no financial know how, all major decisions are made for them. If the husband dies first, there is a catastrophic situation. They are often unaware of the deep anger within which then explodes into attitudes described above. Look at who they blame. With these people, because there is so often deep anger within there is no intention of letting go of, they don"t want anything done about it! "Give to me". Pay me for the hurt I"ve experienced". The teenager feels "If I"m happy, successful, people might forget the hurt that was done me". So, "I reject all your standards". But also check whether the parents succeeded or not. There may be a loyalty, a "I won"t do any better" thought that keeps them with one foot in the family. In other words: "Mum, Dad, I rebel - but I love you, so I won"t be better than you". There may also be a desire to punish the family. You messed me up, messed my life	

up! I'll not give you anything to be proud of". (To be successful you have to have had a pretty decent childhood) Because of that belief, there is an "I'll not let them off the hook - They didn't love me enough and the whole world must know it" attitude. Also, perhaps they have been taught "You're dumb - you'll never amount to anything". So the answer is "O.K. I'll make sure I'll never amount to anything". Sometimes society is blamed; for example: "I" am a product of society. This is what it has done to me, caused me to be". The answer is to acknowledge the anger and release it. Through meditation, speaking it out, hitting it out into a pillow or mattress (Kubler-Ross techniques), writing it out and burning the writing ceremoniously - whatever. Positive Dependence also needs to be recognised. Being comfortable with being taken care of when ill and unable to care for our-selves, or in extreme old age. No anxiety or guilt about such a situation. There is also the anger of the woman who has stayed unmarried in order to care for her parents in old age, or through illness; and when that work is finished - by death of the one cared for - they realise what they sacrificed. Then there can be the same deep anger and "give to me for what I've done" expectation towards the rest of the family.

WATER VIOLET *Hotonia palustis* UK

Keyword : proud, aloof.
Negative : Because of knowledge and capability, they sometimes appear to be proud aloof, disdainful and condescending. Such mental rigidity can create physical stiffness and tension.
Positive : Happy to be alone, are independent, self-reliant. Quiet, gentle, tranquil, sympathetic and wise people who have poise and dignity and put capabilities to the service of others. Bears grief and sorrows in silence. Willing to offer advice without becoming personally involved in the affairs of others.
Aloofness : feeling separate from others, sense of pride.
Avoidance : of social contact; aloofness.
Barriers : feeling distant and aloof from human contact, especially through pride.
Involvement : with others; overcoming aloofness or pride.
Pride : overly prideful; distant from others; feeling better than others.
Service : in interaction with others; overcoming haughtiness.
Sharing : with others; overcoming aloofness.
Social Relationships : overcoming aloofness with others.

WATERMELON *Citrus vulgaris* NZ

Negative : For those with inferiority complex. For those with weak convictions. For those who procrastinate. For those who are very angry - partly fear, partly resentment of authority. Sterility. Resentment
Positive : Helps one to open up to the knowledge of own self worth. Strengthens the will. Certainty about one's place in the world. Again we look at unreleased anger. This time it is not expressed as it is in the Water Hawthorne with rebellion, irresponsibility and dependency, but held in, invisible anger and resentment. Fear of speaking up, speaking out. Resenting those who lead you, but being lead anyway. Complaining to those around you, but not to the boss, the spouse, the mother, the father. This eventually leads to the "so mad you can't speak" situation, when even if given the chance you couldn't physically speak, and so it goes on until it leads to anti-social behaviour, violence, or illness. Lack of a job, or of any job opportunities for an adolescent, who needs the reassurance of money status and confirmation of worth that this brings, as well as the work discipline, and therefore can't express themselves other than anti-socially, can also be Watermelon. A belief can form that "if this is how life has to be, I don't want to be a part of it" and, as with other essence situations, illness or chronic or terminal potential can develop. Strokes can also occur. Basically, because of the inferiority complex you hold onto the anger. You speak about it to others, friends, etc., but never talk directly to anyone who could change the situation you are angry about. You don't want anything done about it because of your fears about yourself. "I am weak but I must keep that fact hidden." Also, many people create situations where they become pressed for time. They leave things to the last minute, get into a flap trying to do everything at the last minute when at the beginning they had loads of time to do it all. This leads to depression of the body's immune system. Flight or fight response is permanently on and deep resentment and anger raises the adrenalin.

WEDDING BUSH *Acalypha Euphorbiaceae* UK

Negative : difficulty with commitment to relationship
Positive : commitment in, and to relationships.
: dedication to life purpose.
To be used with people who have difficulty committing themselves in relationships, whether they be personal, social or business. This remedy can be taken when people begin a union or a partnership. It helps in the dedication of that union or partnership. Its common use is for people who flit from one relationship to another, or whenever there is closeness, beyond their control, they pull away.

WHITE CHESTNUT *Aescalus alba* UK

Keyword : unwanted thoughts, mental arguments
Negative : A worrying or distressing occurrence preys on the mind. Mental arguments. Helpless to prevent thoughts going round round in the mind like a hamster on a wheel. Persistent, unwanted thoughts are like a

gramophone record when the stylus has jumped the groove and invariably cause a troubled mind and sleeplessness. This sufferer is pre-occupied, lacks concentration and often does not answer when spoken to, which state of mind could lead to accidents.

Positive	: A quiet, calm mind - at peace with himself others which enables him to control his thoughts to put them to constructive use and to solve his problems.
Calm	: for constant churning and overactivity of the mind.
Clarity	: of mind by cultivating inner quiet.
Concentration	: by stilling the thoughts when over-active.
Exhaustion	: by repetitive, circular thoughts, worries.
Inertia	: in a mental rut, a "broken record" of repeating thoughts in the mind.
Insomnia	: due to repetitive obsessive thoughts; unable to quiet the mind.
Letting Go	: of obsessive, repetitive thoughts and worries.
Meditation	: overcoming constant repetition of thoughts; stilling the mind.
Obsession	: with recurring thoughts and worries; mind stuck in a rut.
Quiet	: mental repose.
Relaxation	: by letting go of obsessive, repetitive thoughts and worries.
Repetition	: of thoughts and worries; mental chatter.
Restlessness	: in the mental life; constant thoughts.
Thinking	: repeated and obsessive thoughts.

WHITE SPIDER ORCHID *Caladena patersonii* AUS

Not yet made up as there wasn't enough in flower last Spring. Grows in the south-west Western Australia. Briefly summarised: for those who find difficulty in being with other people, preferring their own company - often loners who can't appear aloof.

WILD FENNEL *Foeniculum piperitum* NZ

Negative	: For repelling negatives at etheric/physical level - also applies to cells/ulcers and animals to fleas, flies and mosquito. For those leaning on others. For those listening to negatives.
Positive	: Opens one up to having fun, health, and aliveness. Opens one up to loving and being loved. The child surrounded by negativity in the early years takes negativity on like a second skin. Wild Fennel help us throw this off. Helps those that are around people with problems, whether mental or emotional or of ill-health, to remain unaffected but compassionate. Helps those that believe "I must hide (the world is too fearful), I can't cope". Used to help addicts. Also helps those who believe a "wall of light" needs to surround you to protect you from evil entities. They don't realise, as Dr David Tansley, said that "a wall keeps us in as well as keeps out". Used for people who say "God is love and therefore so are we" but don't believe it not accept that "we create our own reality".
Fleas	: Useful for fleas
Psychic Attack	: To be susceptible to this one must believe in it. Without that empathy on a conscious or subconscious level you will not be influenced.
Ulcers -external	: Also useful for external ulcers.

WILD OAT *Avena fatua* UK

Keyword	: Uncertainty re correct path in life.
Negative	: Undecided as to what to do. Uncertainty (<i>Scleranthus</i>). Things not clear, causing despondency and dissatisfaction. Talented and ambitious - tries many things none brings happiness - becomes frustrated depressed. Can feel bored.
Positive	: Definite character, talents and ambitions. Lives a life filled with usefulness and happiness. Of assistance in selecting a career.
Certainty	: about life purpose and vocation.
Choice	: of life direction, life work.
Clarity	: about life purpose and vocation.
Conflict	: about life purpose, career choices.
Focus	: in life direction and vocation.
Indecision	: about life purpose and vocation; lack of life direction, the chronic "seeker".
Life Direction	: confusion about vocation and life destiny; trying many kinds of work, none of which satisfy finding an outer expression of inner purpose.
Manifestation	: creating vocational opportunities which reflect life purpose.
Restlessness	: for the "jack of all trades" trying many vocations but unable to find true life purpose.
Seeking	: true vocation in life, with a tendency to different jobs.
Self-Actualization	: finding one's true vocation, especially for those who have tried many different kinds work and are still dissatisfied.
Seriousness	: ability to become more serious and directed about life and vocation.

WILD POTATO BUSH *Solanum quadrilocatum*, N Territory AUS

For those who feel heavy and have a need or feeling to step out of the old self; to forward with energy and

Negative : vitality yet feeling difficult to do so. These people tend to be slow and plodding and feel burdened with body.
 Positive : weighed down, physically encumbered.
 : to move on in life; freedom, vitality.

WILD ROSE Rosa Willmottiae UK

Keyword : resignation, apathy
 Negative : Resigned to illness, monotony, uncongenial work. Too apathetic to get well, to change occupation or to enjoy simple pleasures, to do so lies in her hands. Drifter. Resignation - surrender. "I must learn to live with it; it is in the family so I must expect to suffer". Believes it is incurable. Fails to realise she has actually created the conditions, nourishes and maintains them. Always weary, lacking in vitality and makes dull companion. May have monotonous expressionless voice
 Positive : Lively interest in all happenings. Ambitious, purposeful. Enrichment and enjoyment of friends and good health.
 Exhaustion : by resistance to the course of one's life, blocking the flow of life force.
 Grief : when not accepting what life brings.
 Psycho-Somatic Illness : when lingering in sickness
 Resignation : to illness.

WILLOW Salix alba UK

Keyword : resentment.
 Negative : Resentment - bitterness - self-pity - blames everyone but himself. "I have not deserved this misfortune: why should it happen to me while others get off scot-free?" Begrudges good-fortune health, happiness or success of fellow men. Irritable, sulky, a "wet blanket" who enjoys spreading gloom and despair. A grumbler. No interest in the affairs of others except decry and to speak with unkindness. Takes without giving - accepts help as a "right", ungrateful - alienating. In sickness, a difficult patient; nothing right. Reluctant to admit improvement.
 Positive : Optimism and faith. One who recognises responsibilities and the power to attract good or bad according to nature of his thoughts. Most of us suffer more or less the negative of Willow at times, so this Remedy will neutralise and help us to regain a sense of humour and to see things in their true perspective.
 Aging : feelings of blame or bitterness about life; tendency toward hardening as in arthritis.
 Blame : of others or of one's situation; bitterness.
 Death and Dying : especially for feelings of bitterness or resentment that may be lingering toward others - family or friends; taking responsibility for the events of one's life.
 Flexibility : in accepting and forgiving others; letting go of resentment.
 Forgiveness : of the errors of others, with tendency toward bitterness and resentment.
 Hate : resentment, blame of others
 Negativity : bitter and resentful, unable to forgive.
 Resentment : of others or of one's situation, "bitter" feelings.
 Responsibility : taking responsibility for life experiences rather than blaming others; counteracts bitterness.

WISTARIA Leguminosae venustra UK

Negative : frigidity, sexual hysteria, "macho male"
 Positive : sexual enjoyment, openness.
 For people uncomfortable with their sexuality, or for those who get tense about sexuality. This remedy relates especially to women, can also be used with males. It's for people who cannot relax or those who are afraid of intimacy. In some instances it may be of benefit to use in conjunction with Fringed Violet or Flannel Flower. It benefits the "macho male" personality and will allow him to be more aware of his softer feminine aspects. (Flannel Flower also does this).

YARROW	<i>Achillea millefolium</i>	USA
City Life	: for protection from environmental pollution and disharmony; psychic shield.	
Devitalization	: from harsh environment or from negative or hostile thoughts of others.	
Eating Disorders	: weight as a shield or armour of protection from psychic over-sensitivity.	
Emergency	: protects against physical or psychic negativity in the environment.	
Environment	: over-sensitive to negativity, disharmony, pollution, noxious influences; often manifest as allergic reactions.	
Immune Disturbances	: over-sensitivity to the environment; absorption of psychic or physical toxins.	
Lightness	: more strength and light in aura.	
Negativity	: sensitivity to negative influences; creating a protective psychic shield.	
Pregnancy	: "holding in" the forces of pregnancy, overcoming tendency to premature birth.	
Protection	: from negative environmental influences through the strengthening of one's inner light.	
Sensitivity	: to negative influences in physical or psychic environment.	
Strength	: integrity of the aura, especially when too open to environmental influences.	
Stress	: from allergic or over-sensitive responses to the environment.	
Vulnerability	: to negative influences in the environment.	

YARROW RADIATION REMEDY		USA
Emergency	: if radiation is involved.	
Pregnancy	: added protection against radiation or harmful environmental toxins.	
Protection	: from radiation and other noxious environmental influences.	

YERBA SANTA	<i>Eriobotryon californica</i>	USA
Childhood	: child-like humour, laughter and light-heartedness for adults.	
Depression and Despair	: internalised sadness; especially when held in the chest region, emotional pain.	
Grief	: internalized sadness due to past trauma, melancholy.	
Heart	: release of constriction in the heart region, especially feelings of sadness.	
Massage	: release of emotional tension stored in chest.	
Psycho-Somatic	: tendency toward respiratory illness from deep-seated melancholy.	
Release	: of emotional tension or pain, particularly in the chest region.	
Repression	: constriction of emotions, especially in the region of chest and lungs.	
Tension	: emotional tension, particularly in the chest.	
Toner	: good balance to emotionally cathartic essences; provides gentle release.	

ZINNIA

Zinnia compositae

USA

Acceptance	: of one's inner child, balancing an overly serious nature.
Cheerfulness	: child-like humour.
Childhood	: child-like humour, laughter and light-heartedness for adults.
Devitalization	: by tendency toward over-seriousness.
Dryness	: lack of humour, over-seriousness.
Dullness	: lack of humour, over-seriousness.
Intellectualism	: over-serious; need to lighten up.
Joy	: playfulness, child-like sense of humour.
Lightness	: child-like humour.
Seriousness	: over-seriousness and lack of humour.
Spontaneity	: child-like laughter and delight.