

# Australian Bush Flower Essences

## Individual Essences

(AP) = Those Essences in the Applied Physiology (Kinesiology) Bush Flower Kit

### Alpine Mint Bush

*Prostanthera cuneata*

#### Negative Condition

- mental & emotional exhaustion
- lack of joy and weight of responsibility of care givers

#### Positive Outcome

- revitalisation ● joy
- renewal

### Angelsword

*Lobelia gibbosa*

#### Negative Condition

- interference with true spiritual connection to Higher Self
- spiritually possessed
- spiritual confusion

#### Positive Outcome

- spiritual discernment
- accessing gifts from past life-times
- release of negatively held psychic energies
- clear spiritual communication

### Banksia Robur (AP -Swamp Bank)

*Banksia robur*

#### Negative Condition

- disheartened ● lethargic
- frustrated

#### Positive Outcome

- enjoyment of life
- enthusiasm ● interest in life

### Bauhinia (AP)

*Lysiphyllum cunninghamii*

#### Negative Condition

- resistance to change
- rigidity ● reluctance

#### Positive Outcome

- acceptance
- open mindedness

### Billy Goat Plum (AP)

*Planchonia careya*

#### Negative Condition

- shame
- inability to accept the physical self
- physical loathing

#### Positive Outcome

- sexual pleasure and enjoyment
- acceptance of self and one's physical body
- openmindedness

### Black-eyed Susan (AP)

*Tetradlea ericifolia*

#### Negative Condition

- impatience ● 'on the go'
- over committed
- constant striving

#### Positive Outcome

- ability to turn inward and be still
- slowing down ● inner peace

### Bluebell (AP)

*Wahlenbergia species*

#### Negative Condition

- closed ● fear of lack
- greed ● rigidity

#### Positive Outcome

- opens the heart
- belief in abundance
- universal trust
- joyful sharing
- unconditional love

### Boab

*Adansonia gibbosa*

#### Negative Condition

- enmeshment in negative family patterns
- for recipients of abuse and prejudice

#### Positive Outcome

- personal freedom by releasing family patterns
- clearing of other non-family negative Karmic connections

### Boronia

*Boronia ledifolia*

#### Negative Condition

- obsessive thoughts
- pining ● broken hearted

#### Positive Outcome

- clarity ● serenity
- creative visualization

### Bottlebrush

*Callistemon linearis*

#### Negative Condition

- unresolved mother issues
- overwhelmed by major life changes — old age, adolescence, parenthood, pregnancy,
- approaching death

#### Positive Outcome

- serenity and calm
- ability to cope and move on
- mother-child bonding

### Bush Fuchsia

*Epacris longiflora*

#### Negative Condition

- switched off
- nervousness about public speaking
- ignoring 'gut' feelings
- clumsy

#### Positive Outcome

- courage to speak out clarity
- in touch with intuition
- integration of information
- integration of male and female aspects

### Bush Gardenia

*Gardenia megasperma*

#### Negative Condition

- stale relationships
- self interest ● unaware

#### Positive Outcome

- passion
- renews interest in partner
- improves communication

### Bush Iris

*Patersonia longifolia*

#### Negative Condition

- fear of death ● materialism
- atheism ● physical excess
- avarice

#### Positive Outcome

- awakening of spirituality
- acceptance of death as a transition state
- clearing blocks in the base chakra and trust centre

## Calophyllum (added 2023)

### Negative Conditions

Doubting one's abilities and leadership  
Lack of commitment  
Preferring to stay in one's comfort zone  
Waiting for others to lead and act

### Positive Outcome

Resilience  
Leadership  
Connected to spirit  
Clear sense of direction  
Inspiring and supporting others  
Strong sense of morality

## Christmas Bell

*Blandfordia nobilis*

### Negative Condition

- lack of abundance
- sense of lack
- poor stewardship of one's possessions

### Positive Outcome

- helps one to manifest their desired outcomes
- assists one with mastery of the physical plane

## Crowea

*Crowea saligna*

### Negative Condition

- continual worrying
- a sense of being 'not quite right'

### Positive Outcome

- peace and calm
- balances and centres the individual
- clarity of one's feelings

## Dagger Hakea (AP)

*Hakea teretifolia*

### Negative Condition

- resentment
- bitterness towards close family, friends, lovers

### Positive Outcome

- forgiveness
- open expression of feelings

## Dog Rose (AP)

*Bauera rubioides*

### Negative Condition

- fearful      ● shy
- insecure      ● niggling fears
- apprehensive with other people

### Positive Outcome

- confidence
- belief in self      ● courage
- ability to embrace life more fully

## Dog Rose of the Wild Forces

*Bauera sessiliflora*

### Negative Condition

- fear of losing control
- hysteria
- pain with no apparent cause

### Positive Outcome

- calm and centred
- in times of inner and outer turmoil
- emotional balance

## Five Corners (AP)

*Styphelia triflora*

### Negative Condition

- low self esteem
- dislike of self      ● crushed
- held in personality
- clothing drab and colourless

### Positive Outcome

- love and acceptance of self
- celebration of own beauty
- joyousness

## Flannel Flower

*Actinotus helianthi*

### Negative Condition

- dislike of being touched
- lack of sensitivity in males
- uncomfortable with intimacy

### Positive Outcome

- gentleness and sensitivity in touching
- trust      ● openness
- expression of feelings
- joy in physical activity

## Freshwater Mangrove

*Barringtonia acutangula*

### Negative Condition

- heart closed due to expectations or prejudices
- which have been taught, not personally experienced

### Positive Outcome

- openness to new experiences, people and perceptual shifts
- healthy questioning of traditional standards and beliefs

## Fringed Violet

*Thysanotus tuberosus*

### Negative Condition

- damage to aura      ● distress
- lack of psychic protection

### Positive Outcome

- removal of effects of recent or old distressing events
- heals damage to aura
- psychic protection

## Green Spider Orchid

*Caladenia dilatata*

### Negative Condition

- nightmares and phobias from past life experiences
- intense negative reactions to the sight of blood

### Positive Outcome

- telepathic communication
- ability to withhold information until timing is appropriate
- attunement

## Grey Spider Flower (AP)

*Grevillea buxifolia*

### Negative Condition

- fear of supernatural and psychic attack      ● terror

### Positive Outcome

- faith      ● calm      ● courage

## Gymea Lily

*Doryanthes excelsa*

### Negative Condition

- arrogant
- attention seeking
- craving status and glamour
- dominating and over-riding personality

### Positive Outcome

- humility
- allowing others to express themselves and contribute
- awareness
- appreciation and taking notice of others

## Hibbertia

*Hibbertia pendunculata*

### Negative Condition

- fanatical about self improvement
- driven to acquire knowledge
- excessive self discipline
- superiority

### Positive Outcome

- content with own knowledge
- acceptance
- ownership and utilisation of own knowledge

## Illawarra Flame Tree (AP)

*Brachychiton acerifolius*

### Negative Condition

- overwhelming sense of rejection
- fear of responsibility

### Positive Outcome

- confidence ● commitment
- self reliance ● self approval

## Isopogon

*Isopogon anethifolius*

### Negative Condition

- inability to learn
- from past experience
- stubborn
- controlling personality

### Positive Outcome

- ability to learn from past experience
- retrieval of forgotten skills
- relating without manipulating or controlling
- ability to remember the past

## Jacaranda

*Jacaranda mimosaeifolia*

### Negative Condition

- scattered ● changeable
- dithering ● rushing

### Positive Outcome

- decisiveness ● quick thinking
- centred

## Kangaroo Paw (AP)

*Anigozanthos manglesii*

### Negative Condition

- gauche ● unaware
- insensitive ● inept
- clumsy

### Positive Outcome

- kindness ● sensitivity
- savoir faire ● relaxed
- enjoyment of people

## Kapok Bush

*Cochlospermum fraseri*

### Negative Condition

- apathy ● resignation
- discouraged ● half hearted

### Positive Outcome

- willingness ● application
- 'give it a go' ● persistence
- perception

## Little Flannel Flower

*Actinotus minor*

### Negative Condition

- denial of the 'child' within
- seriousness in children
- grimness in adults

### Positive Outcome

- care free ● playfulness
- joyful

## Macrocarpa

*Eucalyptus Macrocarpa*

### Negative Condition

- drained ● jaded ● worn out

### Positive Outcome

- enthusiasm
- inner strength ● endurance

## Mint Bush

*Prostanthera striatiflora*

### Negative Condition

- perturbation ● confusion
- spiritual emergence
- initial turmoil and void of spiritual initiation

### Positive Outcome

- smooth spiritual initiation
- clarity ● calmness
- ability to cope

## Monga Waratah

*Telopea mongaensis*

### Negative Condition

- neediness ● co-dependency
- inability to do things alone
- disempowerment
- addictive personality

### Positive Outcome

- strengthening of one's will
- reclaiming of one's spirit
- belief that one can break the dependency of any behaviour, substance or person
- self empowerment

## Mountain Devil (AP)

*Lambertia Formosa*

### Negative Condition

- hatred ● anger
- holding grudges
- suspiciousness

### Positive Outcome

- unconditional love
- happiness ● forgiveness
- healthy boundaries

## Mulla Mulla

*Ptilotus atripicifolius*

### Negative Condition

- fear of flames and hot objects
- distress associated with exposure to heat and sun

### Positive Outcome

- reduces the effects of fire and sun
- feeling comfortable with fire and heat

## Old Man Banksia (AP)

*Banksia serrata*

### Negative Condition

- weary
- phlegmatic personalities
- disheartened ● frustrated

### Positive Outcome

- enjoyment of life
- renews enthusiasm
- interest in life

## Paw Paw (AP)

*Carica papaya*

### Negative Condition

- overwhelm
- unable to resolve problems
- burdened by decision

### Positive Outcome

- improved access to Higher Self for problem solving
- assimilation of new ideas
- calmness ● clarity

## Peach-flowered Tea-tree

*Leptospermum squarrosus*

### Negative Condition

- mood swings
- lack of commitment to follow through projects
- easily bored
- hypochondriacs

### Positive Outcome

- ability to complete projects
- personal stability
- take responsibility for one's health

## Philotheca (AP)

*Philotheca salsolifolia*

### Negative Condition

- inability to accept acknowledgement
- excessive generosity

### Positive Outcome

- ability to receive love and acknowledgement
- ability to let in praise

## Pink Flannel Flower

*Actinotus Forsyth*

### Negative Condition

- feeling of being dull or flat
- lacking joy or appreciation for the everyday aspects of life

### Positive Outcome

- Gratitude ● appreciation
- keeping one's heart chakra open

## Pink Mulla Mulla

*Ptilotus helipteroides*

### Negative Condition

- deep ancient wound on the psyche
- an outer guarded and prickly persona to prevent being hurt
- keeps people at a distance

### Positive Outcome

- deep spiritual healing
- trusting and opening up

## Red Grevillea

*Grevillea speciosa*

### Negative Condition

- feeling stuck ● oversensitive
- affected by criticism and unpleasant people
- too reliant on others

### Positive Outcome

- boldness
- strength to leave unpleasant situations
- indifference to the judgement of others

## Red Helmet Orchid (AP)

*Corybas dilatatus*

### Negative Condition

- rebelliousness ● hot-headed
- unresolved father issues
- selfishness

### Positive Outcome

- male bonding ● sensitivity
- respect ● consideration

## Red Lily

*Nelumbo nucifera*

### Negative Condition

- vague ● disconnected
- split ● lack of focus
- daydreaming

### Positive Outcome

- grounded ● focused
- living in the present
- connection with life and God

## Red Suva Frangipani

*Plumeria rubra*

### Negative Condition

- initial grief
- sadness and upset of either a relationship at rock bottom or of the death of a loved one
- emotional upheaval, turmoil and rawness

### Positive Outcome

- feeling calm and nurtured
- inner peace and strength to cope

## Rough Bluebell

*Trichodesma zeylanicum*

### Negative Condition

- deliberately hurtful, manipulative,
- exploitive or malicious

### Positive Outcome

- compassion ● sensitivity
- release of one's inherent love vibration

## She Oak (AP)

*Casuarina glauca*

### Negative Condition

- female imbalance
- inability to conceive for non-physical reasons

### Positive Outcome

- emotionally open to conceive
- female balance

## Silver Princess (AP)

*Eucalyptus caesia*

### Negative Condition

- aimless ● despondent
- feeling flat ● lack of direction

### Positive Outcome

- motivation ● direction
- life purpose

## Slender Rice Flower (AP)

*Pimelea linifolia*

### Negative Condition

- prejudice ● racism
- narrow mindedness
- comparison with others

### Positive Outcome

- humility ● group harmony
- co-operation
- perception of beauty in others

## Southern Cross (AP)

*Xanthosia rotundifolia*

### Negative Condition

- victim mentality
- complaining
- bitter ● martyrs
- poverty consciousness

### Positive Outcome

- personal power
- taking responsibility
- positiveness

## Spinifex

*Triodia species*

### Negative Condition

- sense of being a victim to illness

### Positive Outcome

- empowers one through emotional understanding of illness

## Sturt Desert Pea (AP)

*Clianthus formosus*

### Negative Condition

- emotional pain
- deep hurt ● sadness

### Positive Outcome

- letting go
- triggers healthy grieving
- releases deep held grief and sadness

## Sturt Desert Rose (AP)

*Gossypium sturtianum*

### Negative Condition

- guilt ● easily led
- regret and remorse
- low self esteem

### Positive Condition

- courage ● conviction
- true to self ● integrity

## Sundew (AP)

*Drosera spathulata*

### Negative Condition

- vagueness
- disconnectedness
- split ● indecisive
- lack of focus ● daydreaming

### Positive Outcome

- attention to detail
- grounded ● focused
- living in the present



**Sunshine Wattle** (AP)  
*Acacia terminalis*

**Negative Condition**

- stuck in the past
- expectation of a grim future
- struggle

**Positive Outcome**

- optimism
- acceptance of the beauty and joy in the present
- open to a bright future

**Sydney Rose**  
*Boronia serrulata*

**Negative Condition**

- feeling separated, deserted, unloved or morbid

**Positive Outcome**

- realising we are all one
- feeling safe and at peace
- heartfelt compassion
- sense of unity

**Tall Mulla Mulla**  
*Ptilotus exaltatus*

**Negative Condition**

- ill at ease
- sometimes fearful of circulating and mixing with others
- loner
- distressed by and avoids confrontation

**Positive Outcome**

- feeling relaxed and secure with other people
- encourages social interaction

**Tall Yellow Top** (AP)  
*Senecio magnificus*

**Negative Condition**

- alienation
- loneliness
- isolation

**Positive Outcome**

- sense of belonging
- acceptance of self and others
- knowing that you are 'home'
- ability to reach out

**Turkey Bush** (AP)  
*Calytrix exstipulata*

**Negative Condition**

- creative block
- disbelief in own creative ability

**Positive Outcome**

- inspired creativity
- focus
- creative expression
- renews artistic confidence

**Waratah** (AP)  
*Telopea speciosissima*

**Negative Condition**

- despair
- hopelessness
- inability to respond to a crisis

**Positive Outcome**

- courage
- tenacity
- adaptability
- strong faith
- enhancement of survival skills

**Wedding Bush**  
*Ricinocarpus pinifolius*

**Negative Condition**

- difficulty with commitment

**Positive Outcome**

- commitment to relationships
- commitment to goals
- dedication to life purpose

**Wild Potato Bush** (AP)  
*Solanum quadriloculatum*

**Negative Condition**

- weighed down
- feeling encumbered

**Positive Outcome**

- ability to move on in life
- freedom
- renews enthusiasm

**Wisteria** (AP)  
*Wisteria sinensis*

**Negative Condition**

- feeling uncomfortable with sex
- closed sexually
- macho male

**Positive Outcome**

- sexual enjoyment
- enhanced sensuality
- sexual openness
- gentleness

**Yellow Cowslip Orchid** (AP)  
*Caladenia flava*

**Negative Condition**

- critical
- judgemental
- bureaucratic
- nit picking

**Positive Outcome**

- humanitarian concern
- impartiality — stepping back from emotions
- constructive
- a keener sense of arbitration

## Companion Essences

These Essences are also included in a Stock Kit, but have not been made from the flowers of the plants.

### Autumn Leaves

**Negative Condition**

- difficulties in the transition of passing over from the physical plane to the spiritual world

**Positive Outcome**

- letting go and moving on
- increased awareness and communication with loved ones in the spiritual world

### Green Essence

**Negative Condition**

- emotional distress associated with intestinal and skin disorders

**Positive Outcome**

- harmonises the vibration of any yeast, mould or parasite to one's own vibration
- purifying

### Lichen

*Parmelia s.l.a.t.*

**Negative Condition**

- not knowing to look for and move into the Light when passing over
- earth bound in the astral plane

**Positive Outcome**

- eases one's transition into the Light
- assists separation between the physical and the etheric bodies
- releases earth bound energies

### Sedum (added 2024)

**Releases:**

Ungrounded  
Feeling Lost  
Scattered  
Spiritually Unaware

**Enhances:**

Feeling of Unity  
Spiritual Optimism  
Upliftment  
Accessing Higher Energies