

36. Mountain Devil

- Hatred; anger; holding grudges; suspiciousness.
- + Unconditional love; happiness; healthy boundaries; forgiveness.

37. Mulla Mulla

- Fear of flames and hot objects; distress associated with exposure to heat and sun.
- + Reduces the effects of fire and sun; feeling comfortable with fire and heat.

38. Old Man Banksia

- Weary; phlegmatic personalities; disheartened; frustrated.
- + Enjoyment of life; renews enthusiasm; interest in life.

39. Paw Paw

- Overwhelm; unable to resolve problems; burdened by decision.
- + Improved access to Higher Self for problem solving; assimilation of new ideas; calmness; clarity.

40. Peach-flowered Tea-tree

- Mood swings; lack of commitment to follow through projects; easily bored; hypochondriacs.
- + Ability to complete projects; personal stability; take responsibility for one's health.

41. Philotheca

- Inability to accept acknowledgement; excessive generosity.
- + Ability to receive love and acknowledgement; ability to let in praise.

42. Pink Flannel Flower

- Feeling of life being dull and flat; lacking joy or appreciation for the every day aspects of life.
- + Gratitude; joie de vivre; keeping one's heart chakra open; appreciation.

43. Pink Mulla Mulla

- Deep ancient wound on the psyche; an outer guarded and prickly persona to prevent being hurt; keeps people at a distance.
- + Deep spiritual healing; trusting and opening up.

44. Red Grevillea

- Feeling stuck; oversensitive; affected by criticism and unpleasant people; too reliant on others.
- + Boldness; strength to leave unpleasant situations; indifference to the judgement of others.

45. Red Helmet Orchid

- Rebelliousness; hot-headed; unresolved father issues; selfishness.
- + Male bonding; sensitivity; respect; consideration.

46. Red Lily

- Vague; disconnected; split; lack of focus; daydreaming.
- + Grounded; focused; living in the present; connection with life and God.

47. Red Suva Frangipani

- 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.
- + Feeling calm and nurtured; inner peace and strength to cope.

48. Rough Bluebell

- Deliberately hurtful, manipulative, exploitive or malicious.
- + Compassion; release of one's inherent love vibration; sensitivity.

49. She Oak

- Female imbalance; inability to conceive for non-physical reasons.
- + Emotionally open to conceive; female balance.

50. Silver Princess

- Aimless; despondent; feeling flat; lack of direction.
- + Motivation; direction; life purpose.

51. Slender Rice Flower

- Prejudice; racism; narrow mindedness; comparison with others.
- + Humility; group harmony; co-operation; perception of beauty in others.

52. Southern Cross

- Victim mentality; complaining; bitter; martyrs; poverty consciousness.
- + Personal power; taking responsibility; positiveness.

53. Spinifex

- Sense of being a victim to illness.
- + Empowers one through emotional understanding of illness.

54. Sturt Desert Pea

- Emotional pain; deep hurt; sadness.
- + Letting go; triggers healthy grieving; releases deep held grief and sadness.

55. Sturt Desert Rose

- Guilt; regret and remorse; low self esteem; easily led.
- + Courage; conviction; true to self; integrity.

56. Sundew

- Vagueness; disconnectedness; split; indecisive; lack of focus; daydreaming.
- + Attention to detail; grounded; focused; living in the present.

57. Sunshine Wattle

- Stuck in the past; expectation of a grim future; struggle.
- + Optimism; acceptance of the beauty and joy in the present; open to a bright future.

58. Sydney Rose

- Feeling separated, deserted, unloved or morbid.
- + Realising we are all one; feeling safe and at peace; heartfelt compassion; sense of unity.

59. Tall Mulla Mulla

- Ill at ease; sometimes fearful of circulating and mixing with others; loner; distressed by and avoids confrontation.
- + Feeling relaxed and secure with other people; encourages social interaction.

60. Tall Yellow Top

- Alienation; loneliness; isolation.
- + Sense of belonging; acceptance of self and others; knowing that you are 'home'; ability to reach out.

61. Turkey Bush

- Creative block; disbelief in own creative ability.
- + Inspired creativity; creative expression; focus; renews artistic confidence.

62. Waratah

- Despair; hopelessness; inability to respond to a crisis.
- + Courage; tenacity; adaptability; strong faith; enhancement of survival skills.

63. Wedding Bush

- Difficulty with commitment.
- + Commitment to relationships; commitment to goals; dedication to life purpose.

64. Wild Potato Bush

- Weighed down; feeling encumbered.
- + Ability to move on in life; freedom; renews enthusiasm.

65. Wisteria

- Feeling uncomfortable with sex; closed sexually; macho male.
- + Sexual enjoyment; enhanced sensuality; sexual openness; gentleness.

66. Yellow Cowslip Orchid

- Critical; judgemental; bureaucratic; nit picking.
- + Humanitarian concern; impartiality-stepping back from emotions; constructive; a keener sense of arbitration.

companion essences

97. Autumn Leaves

- Difficulties in the transition of passing over from the physical plane to the spiritual world.
- + Letting go and moving on; increase awareness and communication with the loved ones in the spiritual world.

98. Green Essence

- Emotional distress associated with intestinal and skin disorders.
- + Harmonises the vibration of any yeast, mould or parasite to one's own vibration; purifying.

99. Lichen

- Not knowing to look for and move into the Light when passing over; earth bound in the astral plane.
- + Eases one's transition into the Light; assists separation between the physical and the etheric bodies; releases earth bound energies.