

# combinations

## emergency essence

- Panic; distress; fear.
- + Ability to cope.

Excellent for any emotional upset. It has a calming effect during a crisis. If a person needs specialised medical help, this Essence will provide comfort until treatment is available. Administer this remedy every hour or more frequently if necessary, until the person feels better.

Bush Flower Essences: Angelsword, Crowea, Dog Rose of the Wild Forces, Fringed Violet, Grey Spider Flower, Sundew, Waratah. Creams only - include Slender Rice Flower & Spinifex.

## abund essence

- Pessimistic; closed to receiving; fear of lack; poverty consciousness.
- + Joyful sharing; belief in abundance; clears financial sabotage patterns; universal trust.

Aids in releasing negative beliefs, family patterns, sabotage and fear of lack. In so doing, it allows you to be open to fully receiving great riches on all levels, not just financial.

Bush Flower Essences: Bluebell, Boab, Christmas Bell, Five Corners, Philotheca, Southern Cross, Sunshine Wattle.

## adol essence

- Feeling of hopelessness; insensitive; sense of not belonging; "It's not fair" attitude; embarrassment; rebellious; anger.
- + Coping with change; consideration of others; enhances communication; self esteem.

This Essence addresses the major issues teenagers commonly experience. It enhances acceptance of self, communication, social skills, harmony in relationships, maturity, emotional stability and optimism.

Bush Flower Essences: Billy Goat Plum, Boab, Bottlebrush, Dagger Hakea, Five Corners, Flannel Flower, Kangaroo Paw, Red Helmet Orchid, Southern Cross, Sunshine Wattle and Tall Yellow Top.

## calm & clear essence

- Always over committed; no time for self; impatience; rushing; worry.
- + Encourages own time and space; wind down, relax and have fun; clarity, calmness and peace.

Helps to find time for one's self, to relax without external pressures & demands, to wind down and enjoy relaxing pursuits.

Bush Flower Essences: Black-eyed Susan, Bottlebrush, Boronia, Bush Fuchsia, Crowea, Jacaranda, Little Flannel Flower, Paw Paw.

## cognis essence

- Daydreaming; confusion; overwhelm.
- + Assimilates ideas; clarity and focus; enhances all learning abilities and skills.

Gives clarity and focus when working, speaking, reading or studying. It balances the intuitive and cognitive processes and helps integrate ideas and information. Excellent for study or pursuits that require intense focus. It assists problem solving by improving access to the Higher Self, which stores all past knowledge and experiences.

Bush Flower Essences: Bush Fuchsia, Isopogon, Jacaranda, Paw Paw, Sundew.

## confid essence

- Low self esteem; guilt; shyness; lack of conviction; victim mentality.
- + Taking responsibility for one's life; integrity; confidence; personal power; true to one's self.

Brings out the positive qualities of self esteem and confidence. It allows us to feel comfortable around other people and resolve negative beliefs we may hold about ourselves as well as any guilt we may harbour from past actions. This combination also helps us to take responsibility for situations and events that occur in our lives and realise that we have the ability and power not only to change those events, but also to create those we want.

Bush Flower Essences: Boab, Dog Rose, Five Corners, Southern Cross, Sturt Desert Rose.

## creative essence

- Creative blocks and inhibitions; difficulty expressing feelings.
- + Enhances singing; creative expression; clarity of voice; public speaking.

Inspires creative and emotional expression and gives courage and clarity in public speaking and singing. This Essence frees the voice. It also helps to clear creative blocks and to find creative solutions in all of life's pursuits.

Bush Flower Essences: Bush Fuchsia, Crowea, Five Corners, Flannel Flower, Red Grevillea, Tall Mulla Mulla, Turkey Bush.

## dynamis essence

- Temporary loss of drive, enthusiasm and excitement.
- + Renews passion and enthusiasm for life; centres and harmonises one's vital forces.

Renews enthusiasm and joy for life. It is for those who feel 'not quite right', drained, jaded or not fully recovered from setbacks.

Bush Flower Essences: Banksia Robur, Crowea, Illawarra Flame Tree, Macrocarpa, Old Man Banksia, Yellow Cowslip Orchid.

## electro essence

- Feeling drained and flat; out of balance with earth rhythms.
- + Reduces emotional effects of radiation.

Greatly relieves fear and distress associated with earth, electrical and electromagnetic radiation. It helps to bring one into balance with the natural rhythms of the earth.

Bush Flower Essences: Bush Fuchsia, Crowea, Fringed Violet, Mulla Mulla, Paw Paw and Waratah.

## face hand & body essence

- Dislike of physical self, body, skin texture & touch.
- + Acceptance of physical body; love & nurturing of self.

Encourages love, nurturing, care and touch of your physical body. Helps to deal with any dislike and non acceptance of one's body, skin texture or intimate loving touch.

Bush Flower Essences: Billy Goat Plum, Five Corners, Flannel Flower, Little Flannel Flower, Mulla Mulla, She Oak, Wisteria.

## meditation essence

- Poor quality meditation; psychic attack; damaged aura; psychically drained.
- + Awaken spirituality; enhance intuition; inner guidance; access Higher Self; deeper meditation; telepathy.

Awakens one's spirituality and allows one to go deeper into any religious or spiritual practice. Enhances access to the Higher Self whilst providing psychic protection and healing of the aura. Highly recommended for anyone practicing meditation.

Bush Flower Essences: Angelsword, Boronia, Bush Fuchsia, Bush Iris, Fringed Violet, Green Spider Orchid, Red Lily.

## purifying essence

- Emotional waste; feeling encumbered; emotional baggage.
- + Sense of release and relief; spring cleaned.

To release and clear emotional waste and residual by products, to clear built-up emotional baggage.

Bush Flower Essences: Bauhinia, Bottlebrush, Bush Iris, Dagger Hakea, Dog Rose, Wild Potato Bush.

## relationship essence

- Emotional pain and turmoil; confusion; resentment; blocked, held in emotions; inability to relate.
- + Expressing feelings; enhanced communication; forgiveness; breaks negative family conditioning; renews interest; enhances parental-child bonding.

Enhances the quality of all relationships, especially intimate ones. It clears and releases resentment, blocked emotions and the confusion, emotional pain and turmoil of a rocky relationship. Helps one verbalise, express feelings and improve communication. This Essence breaks the early negative family conditioning and patterns which effect us in our current adult relationships. For those in intimate relationships a perfect remedy to follow this combination is Sexuality Essence.

Bush Flower Essences: Bluebell, Boab, Bottlebrush, Bush Gardenia, Dagger Hakea, Flannel Flower, Mint Bush, Red Helmet Orchid, Red Suva Frangipani, Wedding Bush.

## sensuality essence

- Fear of emotional & physical intimacy.
- + Encourages intimacy, passion & sensual fulfilment.

Encourages the ability to enjoy physical and emotional intimacy, passion and sensual fulfilment.

Bush Flower Essences: Bush Gardenia, Billy Goat Plum, Flannel Flower, Little Flannel Flower, Macrocarpa, Wisteria.

## sexuality essence

- Effects of sexual abuse; shame; uptight about sexuality; fear of intimacy.
- + Renews passion; sensuality; enjoy touch and intimacy; fullness; fulfillment.

Helpful for releasing shame and the effects of physical or sexual abuse and trauma. It allows one to feel comfortable with and to fully accept one's body. It enables the individual to be open to sensuality and touch and to enjoy physical and emotional intimacy. Sexuality Essence renews passion and interest in relationships.

Bush Flower Essences: Billy Goat Plum, Bush Gardenia, Flannel Flower, Fringed Violet, Little Flannel Flower, Sturt Desert Rose, Wisteria.

## solaris essence

- Fear and distress associated with fire.
- + Reduces the negative effects of fire and the sun's rays.

Greatly relieves fear and distress associated with fire, heat and sun. An excellent remedy to have handy during summer and long exposure to the sun.

Bush Flower Essences: Mulla Mulla, She Oak, Spinifex.

## space clearing essence

- Negative mental, emotional and psychic energies; disharmonious or unpleasant environments.
- + Enhances sacred space; clears negative and psychic energies; creates safe, harmonious environments; allows one to feel still and reflective.

Creates sacred, safe and harmonious environments. Purifies and releases environments of built up negative emotional, mental and psychic energies. Great for clearing tense situations and environments and restoring balance.

Bush Flower Essences: Angelsword, Boab, Fringed Violet, Lichen, Red Lily.

## transition essence

- Feeling stuck; lack of direction; fear of death; fear of the unknown; non acceptance.
- + Acceptance of change; serenity; eases fear of death; passing over in peace.

This combination helps one to cope and move through any major life change. It brings about an awareness of one's life direction especially for people who are at a crossroad. Alternatively those who know what they want but do not know how to achieve it will benefit from this combination. It also eases the fear of death as well as helping one come to terms with it. This remedy, consequently, allows one to easily and gently pass over with calmness, dignity and serenity.

Bush Flower Essences: Autumn Leaves, Bauhinia, Bottlebrush, Bush Iris, Lichen, Mint Bush, Red Grevillea and Silver Princess.

## travel essence

- Disorientation; personally depleted and drained; emotional effects of travel.
- + Refreshes; centres; maintains sense of personal space.

Addresses the problems encountered with jet travel. It enables a person to arrive at their destination feeling balanced and ready to go. The use of this Essence is beneficial for all forms of travel.

Bush Flower Essences: Banksia Robur, Bottlebrush, Bush Fuchsia, Bush Iris, Crowea, Fringed Violet, Macrocarpa, Mulla Mulla, Paw Paw, Red Lily, She Oak, Silver Princess, Sundew, Tall Mulla Mulla.

## woman essence

- Mood swings; weary; physical dislike.
- + Female balance; calms and stabilises; coping with change.

Harmonises any imbalances during menstruation and menopause. It allows a woman to discover and feel good about herself, her own body and her beauty.

Bush Flower Essences: Billy Goat Plum, Bottlebrush, Bush Fuchsia, Crowea, Five Corners, Mulla Mulla, Old Man Banksia, Peach-flowered Tea-tree, She Oak.



AUSTRALIAN  
BUSH FLOWER  
ESSENCES

Bush Biotherapies Pty Ltd  
45 Booralie Road, Terrey Hills NSW 2084 Australia  
Tel 02 9450 1388 • Fax 02 9450 2866  
International • Tel 61-2 9450 1388 • Fax 61-2 9450 2866