

individual essences

1. Alpine Mint Bush

- ⊖ Mental & emotional exhaustion; lack of joy and weight of responsibility of care givers.
- ⊕ Revitalisation; joy; renewal.

2. Angelsword

- ⊖ Interference with true spiritual connection to Higher Self; spiritually possessed; spiritual confusion.
- ⊕ Spiritual discernment; accessing gifts from past lifetimes; release of negatively held psychic energies; clear spiritual communication.

3. Banksia Robur

- ⊖ Disheartened; lethargic; frustrated.
- ⊕ Enjoyment of life; enthusiasm; interest in life.

4. Bauhinia

- ⊖ Resistance to change; rigidity; reluctance.
- ⊕ Acceptance; open mindedness.

5. Billy Goat Plum

- ⊖ Shame; inability to accept the physical self; physical loathing.
- ⊕ Sexual pleasure and enjoyment; acceptance of self and one's physical body; openmindedness.

6. Black-eyed Susan

- ⊖ Impatience; 'on the go'; over committed; constant striving.
- ⊕ Ability to turn inward and be still; slowing down; inner peace.

7. Bluebell

- ⊖ Closed; fear of lack; greed; rigidity.
- ⊕ Opens the heart; belief in abundance; universal trust; joyful sharing; unconditional love.

8. Boab

- ⊖ Enmeshment in negative family patterns; for recipients of abuse and prejudice.
- ⊕ Personal freedom by releasing family patterns; clearing of other, non-family, negative Karmic connections.

9. Boronia

- ⊖ Obsessive thoughts; pining; broken hearted.
- ⊕ Clarity; serenity; creative visualisation.

10. Bottlebrush

- ⊖ Unresolved mother issues; overwhelmed by major life changes - old age, adolescence, parenthood, pregnancy, approaching death.
- ⊕ Serenity and calm; ability to cope and move on; mother-child bonding.

11. Bush Fuchsia

- ⊖ Switched off; nervousness about public speaking; ignoring 'gut' feelings; clumsy.
- ⊕ Courage to speak out; clarity; in touch with intuition; integration of information; integration of male and female aspects.

12. Bush Gardenia

- ⊖ Stale relationships; self interest; unaware.
- ⊕ Passion; renews interest in partner; improves communication.

13. Bush Iris

- ⊖ Fear of death; materialism; atheism; physical excess; avarice.
- ⊕ Awakening of spirituality; acceptance of death as a transition state; clearing blocks in the base chakra and trust centre.

14. Christmas Bell

- ⊖ Lack of abundance; sense of lack; poor stewardship of one's possessions.
- ⊕ Helps one to manifest their desired outcomes; assists one with mastery of the physical plane.

15. Crowea

- ⊖ Continual worrying; a sense of being 'not quite right'.
- ⊕ Peace and calm; balances and centres the individual; clarity of one's feelings.

16. Dagger Hakea

- ⊖ Resentment; bitterness towards close family, friends, lovers.
- ⊕ Forgiveness; open expression of feelings.

17. Dog Rose

- ⊖ Fearful; shy; insecure; apprehensive with other people; giggling fears.
- ⊕ Confidence; belief in self; courage; ability to embrace life more fully.

18. Dog Rose of the Wild Forces

- ⊖ Fear of losing control; hysteria; pain with no apparent cause.
- ⊕ Calm and centred in times of inner and outer turmoil; emotional balance.

19. Five Corners

- ⊖ Low self esteem; dislike of self; crushed, held in personality; clothing drab and colourless.
- ⊕ Love and acceptance of self; celebration of own beauty; joyousness.

20. Flannel Flower

- ⊖ Dislike of being touched; lack of sensitivity in males; uncomfortable with intimacy.
- ⊕ Gentleness and sensitivity in touching; trust; openness; expression of feelings; joy in physical activity.

21. Freshwater Mangrove

- ⊖ Heart closed due to expectations or prejudices which have been taught, not personally experienced.
- ⊕ Openness to new experiences, people and perceptual shifts; healthy questioning of traditional standards and beliefs.

22. Fringed Violet

- ⊖ Damage to aura; distress; lack of psychic protection.
- ⊕ Removal of effects of recent or old distressing events; heals damage to aura; psychic protection.

23. Green Spider Orchid

- ⊖ Nightmares and phobias from past life experiences; intense negative reactions to the sight of blood.
- ⊕ Telepathic communication; ability to withhold information until timing is appropriate; attunement.

24. Grey Spider Flower

- ⊖ Terror; fear of supernatural and psychic attack.
- ⊕ Faith; calm; courage.

25. Gynea Lily

- ⊖ Arrogant; attention seeking; craving status and glamour; dominating and over-riding personality.
- ⊕ Humility; allowing others to express themselves and contribute; awareness, appreciation and taking notice of others.

26. Hibbertia

- ⊖ Fanatical about self improvement; driven to acquire knowledge; excessive self discipline; superiority.
- ⊕ Content with own knowledge; acceptance; ownership and utilisation of own knowledge.

27. Illawarra Flame Tree

- ⊖ Overwhelming sense of rejection; fear of responsibility.
- ⊕ Confidence; commitment; self reliance; self approval.

28. Isopogon

- ⊖ Inability to learn from past experience; stubborn; controlling personality.
- ⊕ Ability to learn from past experience; retrieval of forgotten skills; relating without manipulating or controlling; ability to remember the past.

29. Jacaranda

- ⊖ Scattered; changeable; dithering; rushing.
- ⊕ Decisiveness; quick thinking; centred.

30. Kangaroo Paw

- ⊖ Gauche; unaware; insensitive; inept; clumsy.
- ⊕ Kindness; sensitivity; savoir faire; enjoyment of people; relaxed.

31. Kapok Bush

- ⊖ Apathy; resignation; discouraged; half hearted.
- ⊕ Willingness; application; 'give it a go'; persistence; perception.

32. Little Flannel Flower

- ⊖ Denial of the 'child' within; seriousness in children; grimness in adults.
- ⊕ Care free; playfulness; joyful.

33. Macrocarpa

- ⊖ Drained; jaded; worn out.
- ⊕ Enthusiasm; inner strength; endurance.

34. Mint Bush

- ⊖ Perturbation; confusion; spiritual emergence; initial turmoil and void of spiritual initiation.
- ⊕ Smooth spiritual initiation; clarity; calmness; ability to cope.

35. Monga Waratah

- ⊖ Neediness; co-dependency; inability to do things alone; disempowerment; addictive personality.
- ⊕ 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.

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.

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