

Ian's update

I am writing this just a few days after ANZAC day was observed here in Australia. A day when Australia and New Zealand reflect on not only the sacrifices of their soldiers in times of conflict but also their courage and valour. Quite often one associates heroic occurrences like these with courage. Yet all of us on a far more mundane day-to-day level, are confronted with our challenges requiring us to be bold and courageous if we are to overcome them. Alternatively, we can procrastinate, deny, oscillate, get stressed, anxious or impatient as a means, often unconscious, of avoiding these situations. To others they can appear minor and very simple, yet to the person facing them, extremely difficult. Courage is all about riding the tiger even if others might see the tiger as no more than a little pussycat. If you do avoid or ignore your challenges, they will invariably resurface in the not too distant future, yet it is extremely fulfilling and satisfying to meet head on and overcome your challenges - it is how we grow! There are many Bush Essences that can be of great assistance for you to strengthen your resolve and give you courage in dealing with your challenges.

Five Corners is for the individual who is reluctant and averse to attempting new things because they do

“Courage is resistance to fear, mastery of fear, not absence of fear.”
Mark Twain

not want to appear stupid or incompetent to either themselves or those around them. One of the most widely used Essences is **Five Corners**, which brings about increased self-esteem, confidence and self-love. If we are lacking in these areas then life frequently is experienced as challenging and fearful. **Kapok Bush** will help anyone who feels so overwhelmed or afraid of what lies ahead that they simply give up without even trying.

“You cannot make a mistake, you can only? make a decision that will be your next best step. There is no reason to hesitate when you know that you have nothing to lose. And losing is not an act of God, it is a thought in the mind of humans. Get rid of the thought and you get rid of doubt. Ride your Wisdom to Victory.”

The quote above from Neale Donald Walsch is a very apt one for this Newsletter's theme of courage. It is also highly appropriate to our **Cognis** Essence Combination as it helps explain the procrastination of **Sundew** as well as the scattered energy of **Jacaranda** who, when they have a problem, constantly ask other people

for their opinion. Both avoid making a decision because of their doubt or fear of making the wrong choice.

Angelsword gives spiritual courage, strength and protection when confronting a negative, or dark spiritual presence. This Essence, a major component of the **Space Clearing** spray, helps to clear such negativity. Infants in particular are very sensitive to and can be greatly affected by such energies. **Fringed Violet** works hand in hand with **Angelsword** strengthening our aura and psychic protection.

For many people change is the thing they resist the most and it can be made worse when they know in advance that change is imminent rather than finding it unexpectedly forced upon them. **Bottlebrush** is for the latter, whilst **Bauhinia** is brilliant for treating the former.

Shame is another emotional state that can require courage to go through the specific event or situation that is triggering it.

Billy Goat Plum is the Essence that addresses shame.

Black-eyed Susan is not an Essence associated often with courage yet people who are always very busy can sometimes be in that state because they are avoiding unpleasant circumstance or feelings that they would have to confront if they were to stop or slow down.

If you do not believe that there is an infinite amount of love to go around



Bauhinia



Bush Iris

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then **Bluebell** can give you the courage to open up your heart and love fully.

Bush Iris brings through one's courage when dealing with or confronting a fear of death.

For the everyday common or garden variety type of fears, that we are all likely to, or do experience, then think of

Dog Rose. It is in the **Confid Essence** for this very reason. It brings about a sense of confidence, belief in self as well as courage to confront and overcome your fears and anxiety.

Dog Rose of the Wild Forces galvanizes our courage when there is chaos and panic happening around or within us.

Flannel Flower addresses the fear of physical and/or emotional intimacy. It helps a person deal with the terror of being open physically and sexually to the person they love, even though previous sexual abuse has left them not being comfortable with any physical touch.

Both **Green Spider Orchid** and **Grey Spider Flower** address terror. The former is associated with the fear of blood.

“Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying “I will try again tomorrow.””
Mary Anne Radmacher



Dog Rose

To reveal who you are and to let others see it can often take great courage and **Gynea Lily** is the Essence for that. Whereas, **Sturt**

Desert Rose is working on a slightly more inner level in that it aids you to be true to yourself to do what you have to do. Sometimes this can be extremely hard, especially for teenagers when dealing with peer pressure.

For the hyper vigilant child or adult the world is a very unsafe place. They are very courageous people as they deal with this reality on a daily basis. **Hibbertia** is the Essence for them. Quite often **Emergency** or **Sexuality Essence** can be used in conjunction with this as the sense of not feeling safe can be usually traced to their growing up as a child in a very emotionally or physically abusive environment or household.

Ilawarra Flame Tree can be thought of for anyone overwhelmed by responsibility. New parents-to-be, mostly males, often experience this.

When a person's world is falling apart all around them and there is great perturbation then think of **Mint Bush.**

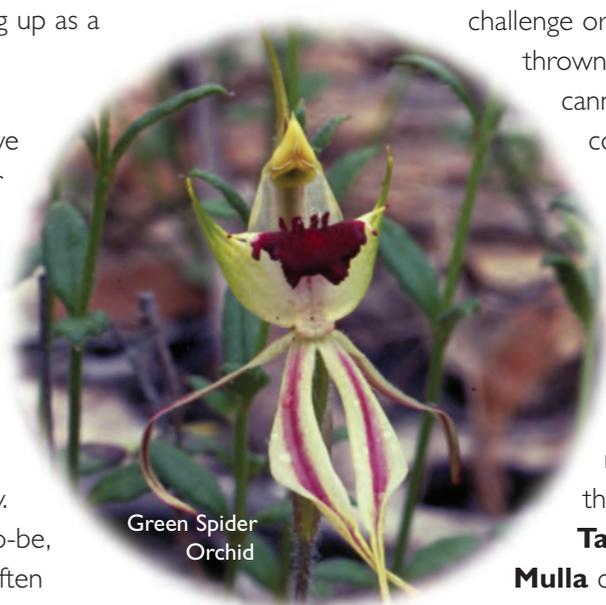
The **Monga Waratah** constitutional type is very dependent,

whether on other people or things, for example alcohol. This Essence gives them the courage to let go of their dependence, addiction or unhealthy relationships with others realising they are strong enough within themselves and do not need these other people or things to prop them up. Often they can stay in very unhealthy or abusive relationships because they think they simply cannot cope or survive by themselves.

Both **Pink Mulla Mulla** and **Sturt Desert Pea** can give a person the courage to love again after they have been hurt or have lost in love.

When life is grim and hard **Sunshine Wattle** gives the strength to continue on as well as bringing them to a state of hope and optimism. When there is absolutely no hope and everything is black and dark then **Waratah** will bring you back from the brink. This Essence is a major component of the **Emergency Essence.** The core of the word emergency is to emerge. Courage allows us to emerge from any

challenge or crisis that is thrown at us. We cannot always control the situations or events in our lives, but we always have the choice of how we respond to them.



Green Spider Orchid

Tall Mulla Mulla constitutional types who are parents

have often told me the hardest thing in their life that they had to deal with was living with and rearing their teenage children. These people love peace and harmony and in my eyes have been

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very courageous in dealing with the anguish of the conflict ensuing from their teenagers, even if they were not on the direct receiving end.

For someone who is feeling depressed, abandoned or alienated **Tall Yellow Top** gives them the courage to reach out to others.

You may not necessarily associate **Turkey Bush** with courage, yet speak to an artist going through creative block and ask them what it was like confronting that day after day!

For some people, commitment in a relationship is something they struggle with and often try to avoid.

Wedding Bush can help them to find the courage to commit.

When I was a university student I worked on weekends at a quadriplegic home for men. I was constantly aware of the courage they had in adapting to and getting on with their lives in the face of tremendous difficulties.

Wild Potato Bush assists us to accept and deal with physical restriction and limitation.

Of course just about every Bush Essence can be applicable to this theme of courage, although it is not just the Bush Essences. **The Earth, Air, Fire and Water** Essences in the **White Light** **Essences** range, help clear residual trauma we may be carrying from previous times when we experienced a

“Never be afraid to tread the path alone. Know your path and follow it wherever it may lead you. Do not feel you have to follow in someone else's footsteps.”

**Eileen Caddy in
'Footprints On The Path'**

fatal lack or excess of each of these four elements. What Light Frequency Essences would you consider particularly appropriate to this theme of courage?

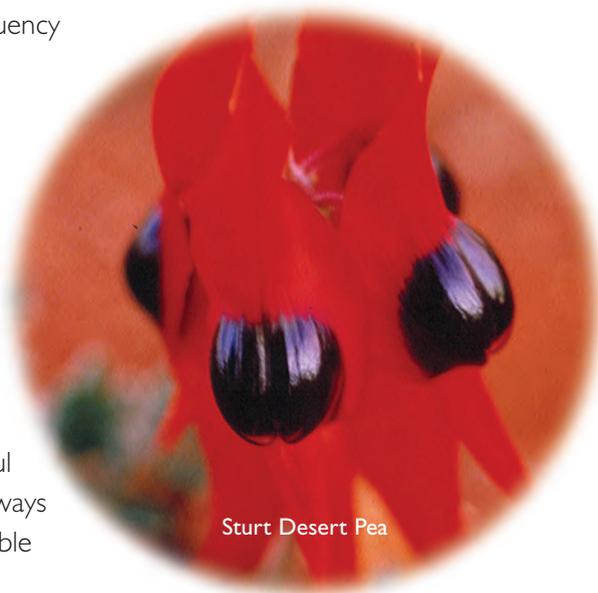
Many years ago in this Newsletter, when I had a series on Numerology, I wrote about one of my heroes, the late Sir Edward Dunlop, more commonly known as Weary Dunlop. A very great Australian who excelled and was successful in many areas of life, yet was always incredibly friendly, tolerant, humble and compassionate.

Weary was a surgeon in the Australian army in the Second World War. He served in the Middle East before sailing to Java where the Japanese captured his hospital in 1942.



Wild Potato bush

He could have escaped, but would not leave his patients and allowed himself to become a POW. He was the Commanding Officer of a thousand allied POW's who all endured abominable and atrocious conditions, miniscule rations and brutal treatment. They all worked on the infamous Burma Railway - a 400 kilometre track linking Burma to Thailand. The construction of this railway cost over 100,000 POW and native labourers' lives.



Sturt Desert Pea

He worked tirelessly and courageously in atrocious conditions treating and protecting his fellow inmates from the inhumanity of the Japanese guards and soldiers, frequently risking his own life and receiving lashings in the process. As one of the POW's wrote: "when despair and death reached us Weary Dunlop stood fast. He was a lighthouse of sanity in a universe of madness and suffering." Yet when war ended and the allied inmates were taking revenge on the most brutal of the Japanese, Weary Dunlop immediately rushed in to protect one of the guards, giving him great care and compassion, as he died in his arms. When the Australians asked him why he was doing this after all the Japanese had done to them for so many years, he replied "He is a human, how can I not care for him". A great man.

It is courageous people such as Weary Dunlop who provide me with the inspiration to look at and address my own imperfections and personal challenges. I think we all need to have such people in our life. Their courage can flow on to us.

Much Love, Light and Respect,
Ian