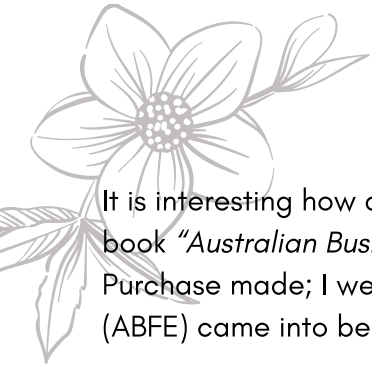


# Caring for Carers

AN INTRODUCTION TO THE BUSH ESSENCES AND THE REMEDIES  
TO SUPPORT YOUR ROLE AS A CARER

*Curated from first-hand experience with the modality since 2005*





# Introduction

It is interesting how a journey begins. While browsing one day at my local health shop in 2005, I spied the book “*Australian Bush Flower Healing*” by Ian White. It felt like the book wanted to jump into my hands. Purchase made; I went home to dive into the fascinating story of how Australian Bush Flower Essences (ABFE) came into being.

Searching for more on the internet, I discovered that the Level 1 workshop was being held in Perth in three weeks’ time. My timing was perfect for this once-a-year training. Booking made, I attended the in-person workshop with lecturer Joanne Fuller and to this day, I consider this workshop to be the best I have ever attended. I was hooked! The purchase of the Stock Kit was made later and my love affair with these essences has never waned.

## Benefits:

- They work quickly, acting as catalysts to help resolve a vast range of negative emotional states to bring emotional, spiritual and mental harmony and the positive qualities that reside deep within
- They are natural and gentle, yet powerful and deep acting
- They are safe – there are no side effects and they are not addictive
- They can be used with allopathic and alternative medicines and in conjunction with other healing modalities
- They are cost effective
- They are self-adjusting; they are work to the point that a person is ready to go
- The ready-to-use Combination Remedy range can be found in Australian health shops. Individual and specific combinations can be made up by the company or a flower essence practitioner.
- They can be used by adults, children, babies, and animals (both domestic and wild)
- They can be used during pregnancy
- They can be added to creams and lotions for bodywork, your moisturiser, or your sun block lotion
- They cannot be negated by aromatics, garlic, or caffeine

As a Carer, the last thing you need is to worry about is whether the product you use is going cause any harm or aggravation. This is the main reason I initially started with the flower essences – I knew I was in safe hands that this gentle and self-adjusting modality was going to support me to the level I was able to embrace.

Getting started with ABFE is as simple as going to your local health shop and purchasing a ready-to-use Combination Remedy. This eBook looks at the Combination Remedies that I feel would be a great starting place to support your role as a Carer. I have summarised useful resources in the “Getting Started – Dip your toes” section.

If you want to go further, check out the “Getting Started – Dive right in” page for products, training and more that will have you ready for that deep dive.

My hope is that this eBook ignites your curiosity to discover the wonderful world of the Australian Bush Flower Essences so that you too may find the support you need for your emotional, spiritual and physical wellbeing.

Yours in service, *Tracy Stoves*

**Check out the  
hyperlinks in this  
eBook for more  
information**





# A brief history of Flower Essences



- There are written records on papyrus in Egyptian times, 3000 years ago depicting the Egyptians collecting the dew on plants to treat emotional imbalances
- There is evidence that Malay and African cultures also used flowers to treat emotional imbalances



- 12th century: Hildegard von Bingen (a German nun who ran a monastery). She held revolutionary views on healing, spirituality, and the role of women.
- She would get the nuns to place muslin sheets out overnight over the flowers. The following morning, she would collect the muslin and ring out the dew. The dew was given as a drink to treat emotional imbalances. If someone was very ill physically, they would be wrapped in the muslin sheets.



- 16th century: Paracelsus (Swiss physician, healer, mystic, alchemist, lay theologian, and philosopher of the German Renaissance)
- He would collect the dew of the plants to treat emotional imbalances



- Australian Aboriginals would eat the flowers to get both the nutritional and emotional qualities
- They observed what animals did when they were ill
- They looked at where the plant grew, its shape, colour; these are clues that nature gives that hint at the plant's healing qualities (Doctrine of Signatures)
- Intuition, dreamtime, trial and error



- 20th century: Edward Bach (Welsh doctor who also worked as a bacteriologist in London and created bowel nosodes)
- Noticing similarities between the bowel nosodes and flowers identified under a microscope, Bach trialed collecting the dew of plants, which was very time consuming, so he developed the sunshine method. He created 38 flower remedies and said they would have a legacy of use for 50 years. He died in 1936, and Australian Bush Flower Essences started in 1986.



Australian Bush Flower Essences was founded in 1987 by Ian White – 5th generation herbalist and contemporary pioneer of vibrational medicine for the emotions. There are currently 69 single flower essences, and many other ranges and products offering emotional and spiritual support.



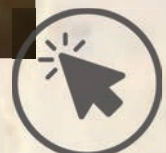
History of Flower Essences



Ian White founder of Australian Bush Flower Essences Story



Australian Bush Flower Essences Introduction





# How do they work - Philosophy

- The premise behind flower essences is that the majority of illnesses stem from emotional or spiritual imbalance. An illness is a tap on the shoulder to where we are out of balance.
- Flower essences are produced by imprinting a flower's unique vibrational healing signature onto the carrier solution (brandy, which is a natural preservative and pure water)
- The flower essences have a positive vibration and by taking the right essence, negative thought patterns and beliefs which may lead to negative health patterns may be dissolved and replaced with balanced, positive and harmonious vibrational patterns
- Flower essence therapy is energy medicine - the vibration of a specific flower essence is used to alter the energy vibration of a person and bring them back into balance
- They work initially on the emotional level - clearing negative beliefs as well as working on other subtle bodies - and they are very deep acting
- By taking 7 drops under the tongue morning (upon rising) and at night (upon retiring) for two weeks, you are reminding the body intelligence to move to a positive healing response for the emotional contraction. Repeat as necessary.
- Flower essences can address an emotional imbalance, but can also be used to enhance the positive qualities
- They are preventative



How To Use the Australian Bush Flower Essences



There is a basic premise or concept of healing that underpins vibrational medicine modalities such as flower essences and it is that:

**Most physical illness is the end result of emotional and spiritual imbalance(s), and that by helping to heal a person on the emotional, mental and spiritual levels, true healing will occur.**

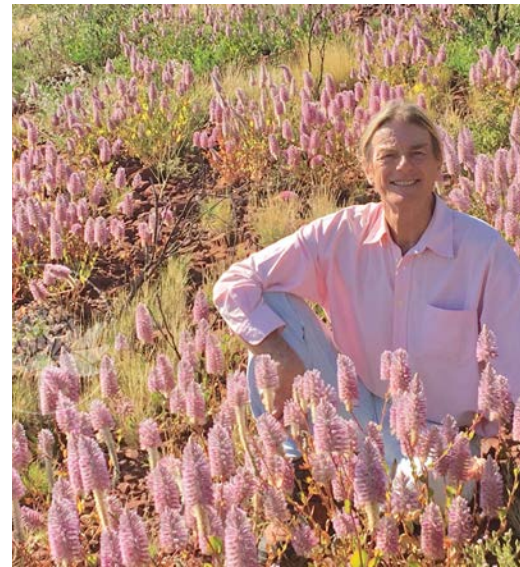
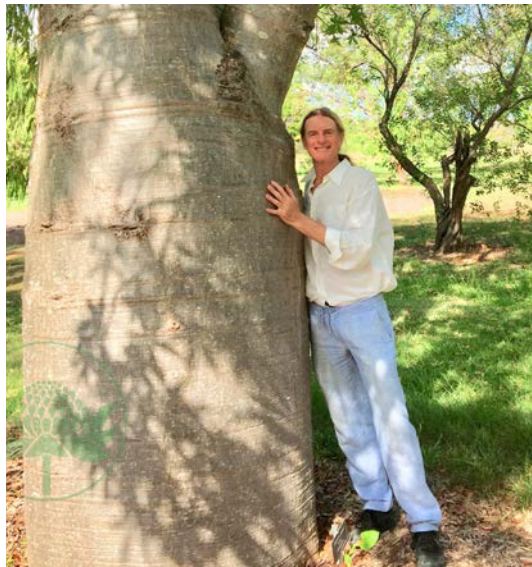
*“There is no illness of the body apart from the mind.”*

Socrates





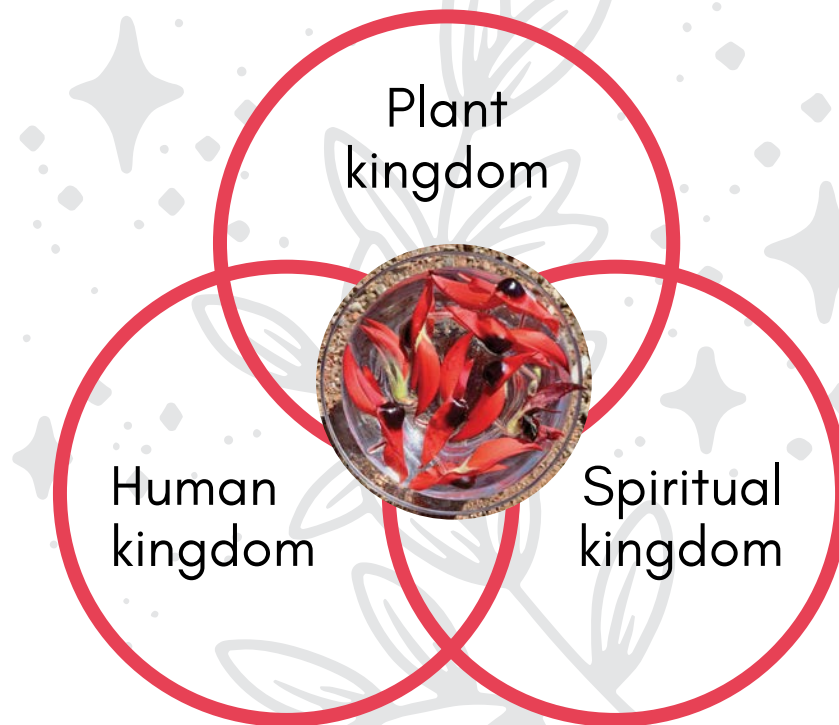






# The making of an Essence

The making of a flower essence is an **alchemic interaction** between the plant, human and spiritual kingdoms.



Anyone can make a flower essence and the technique to make one is very simple. However there is skill required to determine the healing qualities of the plant.

The flower represents the most evolved part of the plant. When you extract the healing qualities of the flower, you are extracting the whole healing quality of the plant.

The life force of plants and flowers is much stronger in the wild compared to those grown in domestic environments.

Australian Bush Flower Essences are ecologically gathered in unpolluted and naturally occurring regions of Australia including from the desert, alpine, coastal, wetlands and sandstone regions.



# The making of an Essence

## 1 MOTHER TINCTURE

Founder Ian White creates all the Mother Tinctures.  
Here is the creative process.



Ian acknowledges the angelic realm (nature spirits and the landscape angel).  
Nature spirits maintain the balance in the environment.

He sits and meditates to ground and clear emotional upsets that may have resulted from getting to the site. Ian often tracks for many miles, laden with equipment, before he finds the site to make the Mother Tincture.

He tunes into the plant to intuit its healing qualities before drawing the plant to understand clearly its Doctrine of Signatures, paying attention to the shape of the leaf and flower.

He asks permission to pick the plant "Which flowers want to be used to help heal humankind?"  
He doesn't touch the flowers with his fingers. He uses a different part of the same plant (leaves, stems) to act as tweezers to place the flowers (face up) that shake or vibrate indicating they are the ones to pick "*pick me, pick me*" into the bowl.

The glass (not crystal) bowl, which is filled with very good quality water, has the flowers placed on top. The surface of the bowl is covered with the flowers.

The bowl is left under the action of the sun to release the flower's healing vibration into the water. In Australia, this process normally takes 1.75 - 2 hours. The flowers go limp once they have released their vibrational energy into the water.

The flowers are discarded from the bowl before the water is decanted into a bottle which is ½ filled with brandy, the preservative. This is called the Mother Tincture that Ian transports carefully back to the dispensary in Terry Hills (head office) to make the Stock essences.



### WHY BRANDY?

Made from grapes, and traditionally stored in oak, brandy has been used medicinally through the ages and is used as a stable natural preservative.



# Essence making





## 2 STOCK ESSENCE

The stock bottle has 7 drops of the Mother Tincture suspended in 2/3 brandy and 1/3 pure water.

A stock bottle has a shelf life of 5 years and you can make 35 dose bottles from 1 stock bottle. **This is the practitioner level.**



© Australian Bush Flower Essences

## 3 DOSE ESSENCE

Seven (7) drops of stock essence is placed into a 15 ml to 30 ml dropper bottle which is filled with 1/3 brandy and 2/3 purified water.

Take 7 drops under the tongue morning and night from the dose essence for two weeks for emotional support. Take for one month for physical support. Repeat if necessary.

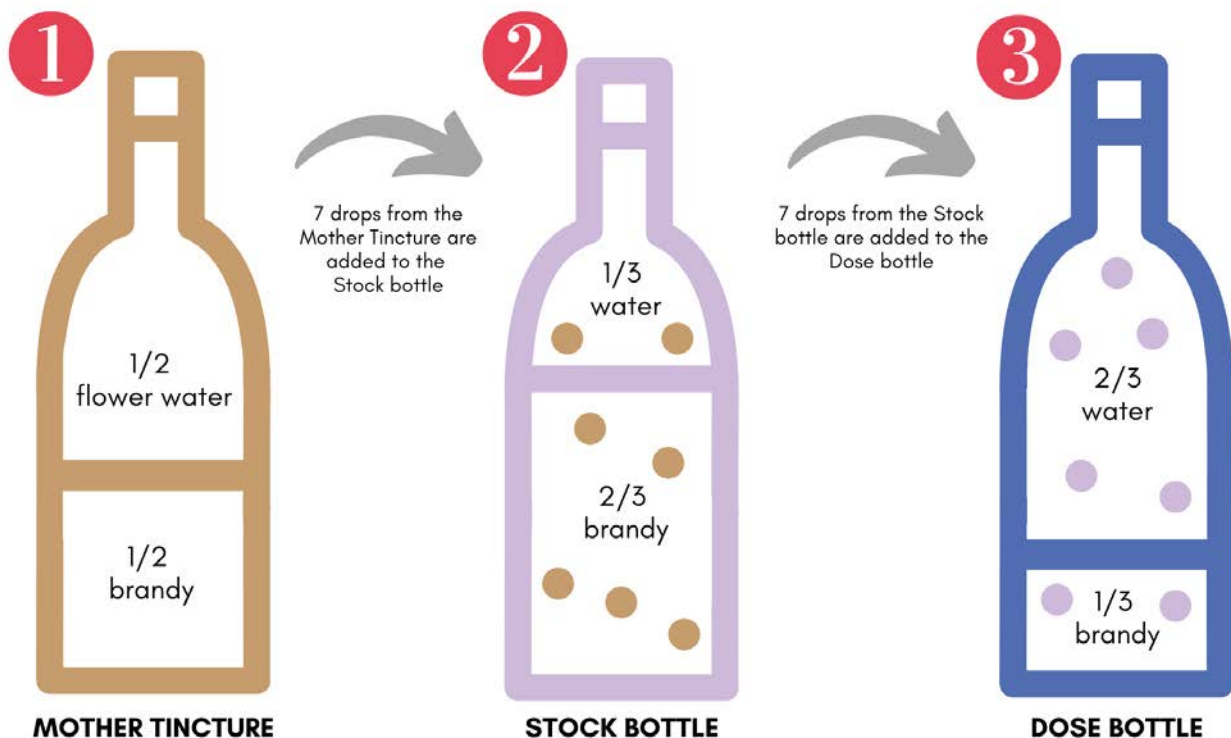
While you can take 7 drops from a stock bottle, it is more economical, and recommended, that you use a dose bottle for use.

**The dose bottle is the customer level and what people generally take.**

The Combination Remedies at the health store are dose strength, ready to be used immediately. **Do not dilute the dose essence any further.**



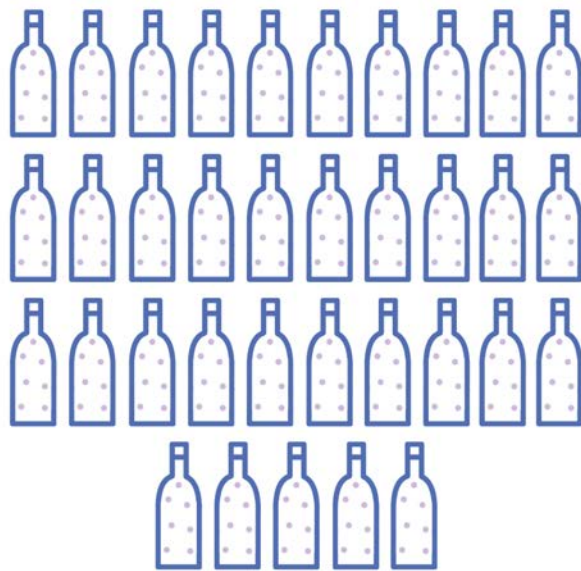
© Australian Bush Flower Essences







1 Stock  
bottle will  
make  
**35**  
Dose  
bottles



DOSE BOTTLES

Stock bottles, the most economical way to use Australian Bush Flower Essences, can be purchased directly from the company individually, or all the 69 single essences can be purchased in a **Stock Kit**.

**However, getting started with Australian Bush Flower Essences is as easy as visiting your local health store or pharmacist.** The range of Combination Remedies, mists, oral sprays and creams are ready made for you to use immediately.

# How do I use them?

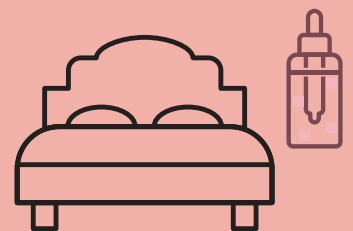
**Essence (drops):** place 7 drops under the tongue (which enhances absorption) upon rising and retiring for two weeks or until the bottle is finished. Use 7 drops for babies, children and animals. Avoid touching the dropper with your mouth.

**Cream:** apply sparingly to hands or body as required with a gentle pressing motion that ensures even absorption into the skin.

**Oral spray:** 3 sprays on the tongue as needed (3 sprays is the equivalent of 7 drops)

**Mist:** mist or spray into the air as required.

*A great place to keep your remedy is by your bed - you'll see it upon rising and retiring.*



# ONE-OFF Applications

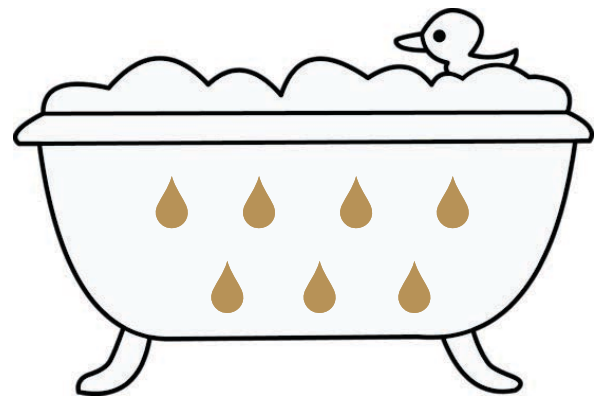
Any remedy can be taken as a one-off dose (7 drops under the tongue or 3 sprays of the oral spray) to help support you through an emotional hurdle. For example:

- You have to speak publicly or make an important speech to someone in power, consider the Cognis, Confid, or Calm & Clear Essences
- You sit down to meditate - take a dose of the Meditation Essence before starting
- You sit down to draw, journal, or create something, try the Creative Essence
- You've had an argument with a significant other, spray the Space Clearing Mist around the space you argued and around you both
- You are going on a picnic and it's sunny and hot, take a dose of Solaris Essence or place the 7 drops into your water bottle
- You are going on a long drive, take a dose of the Travel Essence before the starting out
- You've had a difficult phone call, take a dose of the Emergency Essence

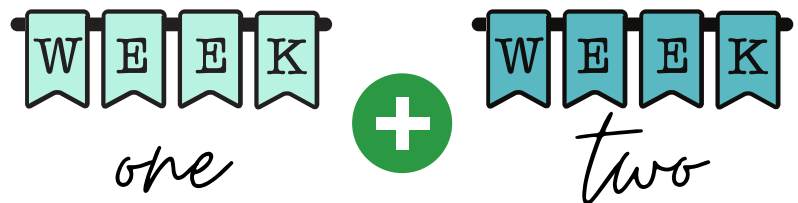
Placing 7 drops into a bath is another way of using the essences. Consider:

- Emergency Essence for uptight feelings
- Calm & Clear Essence to unwind
- Sexuality Essence to get you in the mood
- Carers Essence for self-care

*Click on the links of essences not explored in this eBook to learn more.*



## TWO-WEEK Applications



By taking a remedy *continuously* for two weeks (7 drops under the tongue morning and night), you are training your emotional or mental energy body to transition to a more balanced and positive state by creating a new energy habit.

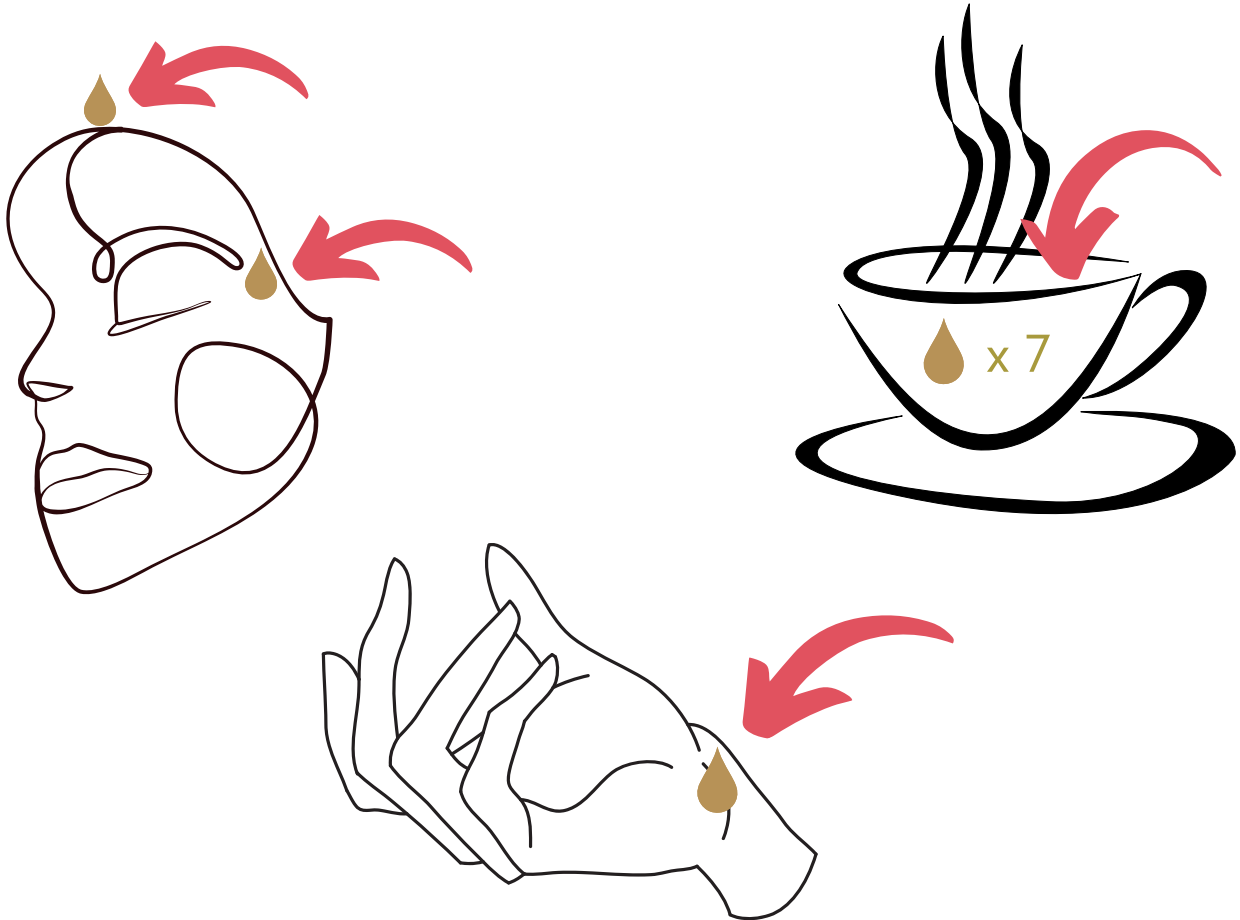
For example, if you've felt anxious for some time, try taking Calm & Clear for two weeks to feel a deeper calmness. Review your position after two weeks - you can always repeat and take the remedy for longer if you need to.



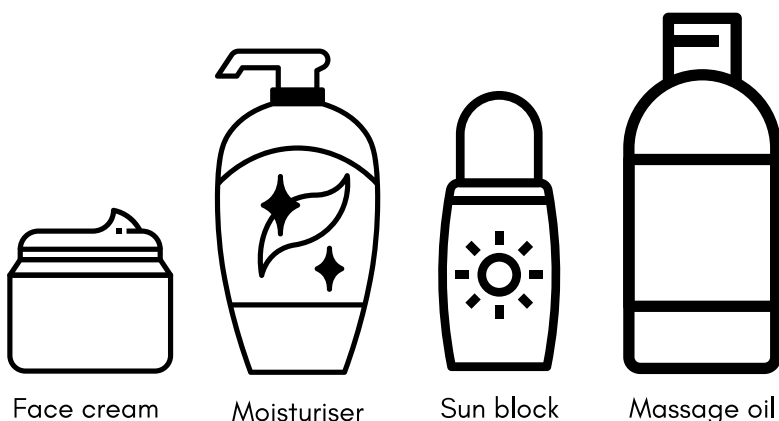
# DOSE ESSENCE Applications

You normally take the drops orally, under the tongue. However, if you don't wish to do that e.g., because of the brandy preservative, you can place or rub the drops on the crown of the head, temples, and wrists.

Alternatively, place 7 drops into hot water (the temperature at which you would drink a cup of tea) which will evaporate the alcohol and drink the water. You can hold each sip in the mouth for about ten seconds or so before swallowing.



# STOCK ESSENCE Applications



Use 7 drops of Stock essence per every 15 gram cream/lotion.

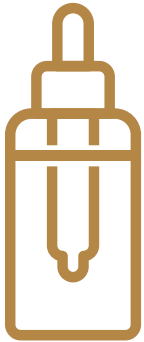
# How do I store them?

While very safe to use, always keep out of reach of children.

Don't store them on the top of an electrical appliance, e.g. T.V., microwave or generator, or in direct sunlight.

While they are very hardy, treat them with the care and respect they deserve for the healing they offer you.

## SHELF LIFE FOR DOSE BOTTLES



Made with 1/3 brandy = 3 years.

Made with 1/3 vegetable glycerin (from the health shop) instead of brandy = 3-6 months.

Made with 100% water (i.e. no preservative) = store in the fridge and use within two weeks.

Combination remedies from the health shop = check date on label.





**You only take one flower essence remedy at a time** (either a single remedy or a combination remedy), with the exception of Emergency Essence (drops or mist), which can be taken as needed along side the other remedy being taken. You can also use the moisturisers and sprays alongside the chosen remedy.

## EXAMPLE 1

If you are lacking in self-esteem and choose to take the Confid remedy, while you are taking this remedy (7 drops morning and night for two weeks), you don't take any other remedies (single or combinations). You can use the moisturisers and mists, and use the Emergency Essence (drops and oral spray) for acute situations, however, if you feel low in energy and think that taking the Boost remedy would help, you need to finish off taking the Confid remedy first, before starting a two week course of the Boost remedy.

### CONFID REMEDY

Take 7 drops morning and night for two weeks.

*Repeat if necessary, or choose a new remedy*

### BOOST REMEDY

Take 7 drops morning and night for two weeks.



*Emergency Essence drops and oral spray can be taken with any remedies for acute support.*



Click on the remedies throughout this eBook to learn more



## EXAMPLE 2

Your landlord has given you notice that he wants to sell the rental and you have the arduous task of finding a new home for you and your family. You decide to take the Transition remedy (7 drops morning and night for two weeks) to support this major transition (it would be great for the whole family to take too!) The move goes well and you use Space Clearing mist in the new home to clear the energy of the previous tenants.

Two month's later you have a major exam that you need to prepare for. You decide to take the Cognis remedy for the two weeks leading up to (7 drops morning and night) and on the day of the exam. Right before the exam you also take a dose of the Emergency Essence oral spray and use the Calm & Clear moisturiser on your hands and over your chest to settle your nerves.

*Impending move*

### TRANSITION REMEDY

Take 7 drops morning and night for two weeks.

*Two month's later...  
...a new situation  
arises and a new  
remedy is chosen*

*Impending exam*

### COGNIS REMEDY

Take 7 drops morning and night for two weeks.



Space Clearing mist to spray around the new home to clear the energy of the previous tenants



*Emergency Essence drops and oral spray can be taken with any remedies for acute support.*



Emergency Essence oral spray and Calm & Clear moisturiser on hands and chest before the exam to settle nerves



# A good place to start

Joanne Fuller (ABFE lecturer) recommends starting out with the following combination remedies:

1. Emergency Essence
2. Dynamis Essence
3. Purifying Essence
4. Woman Essence (for women) or Men's Essence (for men)



**Take one remedy at a time** (7 drops under the tongue upon rising and retiring) for two weeks. i.e., Emergency Essence for 2 weeks followed by Dynamis Essence for 2 weeks followed by Purifying Essence for 2 weeks before the taking the final essence for 2 weeks.

*It's like a spring clean and reset for your wellbeing.*





# EMERGENCY ESSENCE

Ability to cope  
with daily  
emergencies

- Excellent for any emotional upset
- This Essence is comforting and has a calming effect



Angelsword



Crowea



Dog Rose of the  
Wild Forces



Fringed Violet



Grey Spider Flower



Slender Rice Flower



Spinifex



Sundew



Waratah

## ANGELSWORD

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

+ve: spiritual discernment, accessing gifts from past lifetimes, release of negatively held psychic energies, clear spiritual communication

## CROWEA

-ve: a sense of being "not quite right"

+ve: peace and calm, balances and centres the individual, clarity of one's feelings

## DOG ROSE OF THE WILD FORCES

-ve: perturbation

+ve: calm and centred, emotional balance

## FRINGED VIOLET

-ve: damage to aura, lack of psychic protection

+ve: heals damage to aura, psychic protection

## GREY SPIDER FLOWER

-ve: supernatural and psychic attack, upsetting dreams

+ve: faith, calm, courage

## SUNDEW

-ve: vagueness, disconnectedness, split, indecisive, lack of focus, daydreaming

+ve: grounded, focused, living in the present

## WARATAH

-ve: inability to respond

+ve: courage, tenacity, adaptability, strong faith

*Flower Essences in Mist and Moisturiser only*

## SLENDER RICE FLOWER

-ve: prejudice, racism, narrow-mindedness, comparison with others

+ve: humility, group harmony, co-operation, perception of beauty in others

## SPINIFIX

-ve: sense of being a victim to illness

+ve: aids empowerment through intuitive awareness of the body

*Both the Emergency Essence drops and moisturiser are valuable additions to your handbag.*





# BOOST ESSENCE

Boost you  
through  
changing and  
challenging  
times

- Overwhelmed by change
- Feeling "out of sorts"
- Overly sensitive to others or to the negative energies of situations or environments
- Positive outcomes:
  - Resilience
  - Calm and balanced
  - Feeling safe and reassured
  - Coping with change
  - Grounded
  - Courage





**Bottlebrush**



**Bush Iris**



**Crowea**



**Dog Rose**



**Fringed Violet**



**Illawarra Flame  
Tree**



**Sturt Desert Pea**



**Sundew**

### **BOTTLEBRUSH**

-ve: overwhelmed by major life changes - old age, adolescence, parenthood, pregnancy  
+ve: serenity and calm, ability to cope and move on, mother-child bonding

### **BUSH IRIS**

-ve: materialism, atheism, physical excess, avarice  
+ve: awakening of spirituality, acceptance of death as a transition state, clearing blocks in the base chakra and trust centre

### **CROWEA**

-ve: a sense of being "not quite right"  
+ve: peace and calm, balances and centres the individual, clarity of one's feelings

### **DOG ROSE**

-ve: shy, insecure  
+ve: confidence, belief in self, courage, ability to embrace life more fully

### **FRINGED VIOLET**

-ve: damage to aura, lack of psychic protection  
+ve: heals damage to aura, psychic protection

### **ILLAWARRA FLAME TREE**

-ve: overwhelming sense of rejection, uncomfortable with responsibility  
+ve: confidence, commitment, self-reliance, self-approval

### **STURT DESERT PEA**

-ve: sorrows  
+ve: letting go, triggers healthy grieving

### **SUNDEW**

-ve: vagueness, disconnectedness, split, indecisive, lack of focus, daydreaming  
+ve: grounded, focused, living in the present



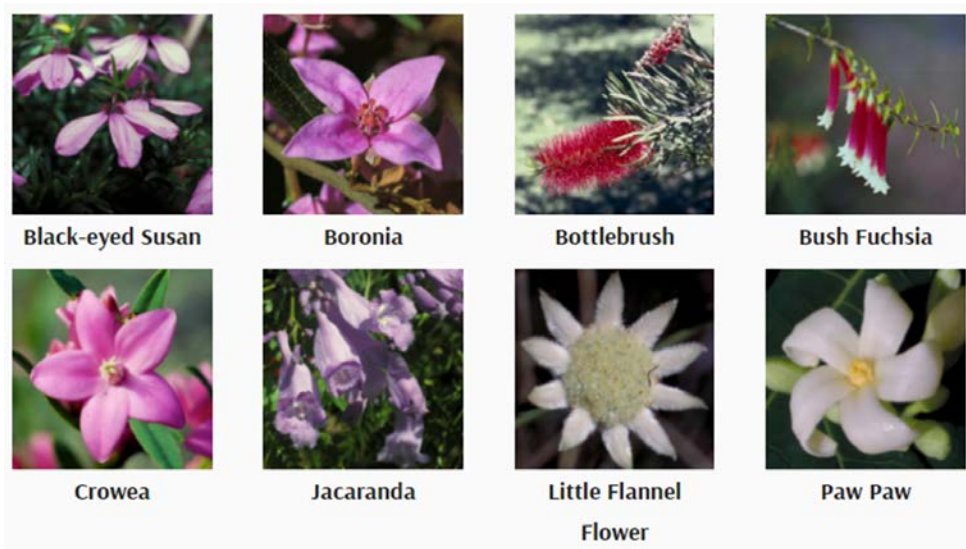


# CALM & CLEAR ESSENCE

Ability to wind  
down, relax  
and have fun

- Helps to find time for one's self, to relax even with external pressures and demands, to wind down and enjoy relaxing pursuits
- Positive outcomes:
  - Encourages own time and space
  - Wind down
  - Relax and have fun
  - Clarity
  - Calmness and peace





## **BLACK-EYED SUSAN**

-ve: impatience, "On the go", over committed, constant striving

+ve: ability to turn inward and be still, slowing down, inner peace

## **BORONIA**

-ve: pining, broken hearted, stuckness

+ve: clarity, serenity, creative visualisation

## **BOTTLEBRUSH**

-ve: overwhelmed by major life changes - old age, adolescence, parenthood, pregnancy

+ve: serenity and calm, ability to cope and move on, mother-child bonding

## **BUSH FUCHSIA**

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

+ve: courage to speak out, in touch with intuition, integration of information, clarity, integration of male and female aspects

## **CROWEA**

-ve: a sense of being "not quite right"

+ve: peace and calm, balances and centres the individual, clarity of one's feelings

## **JACARANDA**

-ve: scattered, changeable, dithering, rushing

+ve: decisiveness, centred

## **LITTLE FLANNEL FLOWER**

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

+ve: carefree, playfulness, joyful

## **PAW PAW**

-ve: overwhelm, unable to resolve problems, burdened by decision

+ve: improved access to Higher Self for problem solving, assimilation of new ideas, calmness, clarity





# CARERS ESSENCE

Feel calm,  
optimistic, able  
to cope, and pay  
heed to and look  
after own needs

- Overwhelm
- Burdened by responsibility
- Overconcern
- Positive outcomes:
  - Feeling calm
  - Looking after self
  - Renewal
  - Inner strength





Alpine Mint Bush



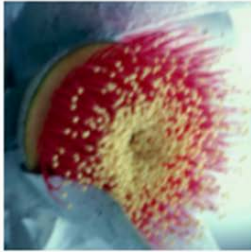
Crowea



Fringed Violet



Green Spider  
Orchid



Macrocarpa



Paw Paw



Sunshine Wattle

### **ALPINE MINT BUSH**

-ve: lack of joy and weight of responsibility of care givers, burdened by responsibility

+ve: revitalisation, joy, renewal

### **CROWEA**

-ve: a sense of being "not quite right"

+ve: peace and calm, balances and centres the individual, clarity of one's feelings

### **FRINGED VIOLET**

-ve: damage to aura, lack of psychic protection

+ve: heals damage to aura, psychic protection

### **GREEN SPIDER ORCHID**

-ve: nightmares and negative effects from past life experience, intense negative reactions to the sight of blood

+ve: telepathic communication, ability to withhold information until timing is appropriate, attunement

### **MACROCARPA**

-ve: drained, jaded

+ve: enthusiasm, inner strength

### **PAW PAW**

-ve: overwhelm, unable to resolve problems, burdened by decision

+ve: improved access to Higher Self for problem solving, assimilation of new ideas, calmness, clarity

### **SUNSHINE WATTLE**

-ve: stuck in the past, expectation of a grim future, struggle

+ve: optimism, acceptance of the beauty and joy in the present. open to a bright future



# COGNIS ESSENCE

Increases  
concentration  
& memory,  
bringing clarity  
& focus

- 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 Fuchsia



Isopogon



Jacaranda



Paw Paw



Sundew

## **BUSH FUCHSIA**

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

+ve: courage to speak out, in touch with intuition, integration of information, clarity, integration of male and female aspects

## **ISOPOGON**

-ve: inability to learn from past experience, stubborn, controlling personality

+ve: ability to learn from past experience, retrieval of forgotten skills, relating without manipulating or controlling

## **JACARANDA**

-ve: scattered, changeable, dithering, rushing

+ve: decisiveness, centred

## **PAW PAW**

-ve: overwhelm, unable to resolve problems, burdened by decision

+ve: improved access to Higher Self for problem solving, assimilation of new ideas, calmness, clarity

## **SUNDEW**

-ve: vagueness, disconnectedness, split, indecisive, lack of focus, daydreaming

+ve: grounded, focused, living in the present



# CONFID ESSENCE

Confidence,  
personal power,  
taking  
responsibility for  
one's life,  
integrity

- Brings out the positive qualities of self esteem and confidence
- Good for:
  - Low self-esteem
  - Guilt
  - Shyness
  - Lack of conviction
  - Victim mentality





Boab



Dog Rose



Five Corners



Southern Cross



Sturt Desert Rose

## **BOAB**

-ve: enmeshment in negative family patterns, for the recipients of abuse and prejudice

+ve: personal freedom by releasing family patterns, clearing of other, non-family, negative Karmic connections

## **DOG ROSE**

-ve: shy, insecure

+ve: confidence, belief in self, courage, ability to embrace life more fully

## **FIVE CORNERS**

-ve: low self esteem, dislike of self, crushed, held-in personality, clothing drab and colourless, lack of confidence

+ve: love and acceptance of self, celebration of own beauty, joyousness

## **SOUTHERN CROSS**

-ve: victim mentality, complaining, bitter, martyrs, poverty consciousness

+ve: personal power, taking responsibility, positiveness

## **STURT DESERT ROSE**

-ve: guilt, regret and remorse, easily led

+ve: courage, conviction, true to self, integrity, feeling better about self





# DYNAMIS ESSENCE

Confidence,  
personal power,  
taking  
responsibility for  
one's life,  
integrity

- Renews enthusiasm and joy for life
- Feel 'not quite right', drained, jaded or not fully recovered from setbacks
- Centres and harmonises one's vital forces





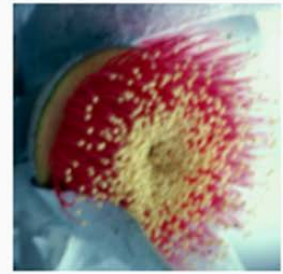
**Banksia Robur**



**Crowea**



**Illawarra Flame  
Tree**



**Macrocarpa**



**Old Man Banksia**



**Yellow Cowslip  
Orchid**

## **BANKSIA ROBUR**

-ve: disheartened, frustrated

+ve: enjoyment of life, enthusiasm, interest in life

## **CROWEA**

-ve: a sense of being "not quite right"

+ve: peace and calm, balances and centres the individual, clarity of one's feelings

## **ILLAWARA FLAME TREE**

-ve: overwhelming sense of rejection, uncomfortable with responsibility

+ve: confidence, commitment, self-reliance, self-approval

## **MACROCARPA**

-ve: drained, jaded

+ve: enthusiasm, inner strength

## **OLD MAN BANKSIA**

-ve: phlegmatic personalities, disheartened, frustrated

+ve: enjoyment of life, renews enthusiasm, interest in life

## **YELLOW COWSLIP ORCHID**

-ve: critical, judgemental, bureaucratic, nit picking

+ve: humanitarian concern, impartiality - stepping back from emotions, constructive, a keener sense of arbitration





# MEN'S ESSENCE

Balancing male  
emotional  
health and  
wellbeing

- Father issues
- Couch potato
- Always on the go and rushing
- Being overly critical and judgmental
- Positive outcomes
  - Male bonding
  - Physically active
  - Communicating ones feelings
  - Fun and sense of humour
  - Opening your heart
  - Breaking old male stereotypes





Black-eyed Susan



Bluebell



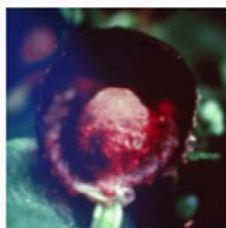
Boab



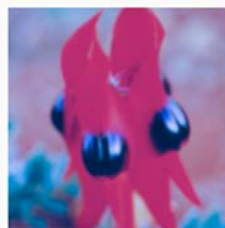
Flannel Flower



Little Flannel  
Flower



Red Helmet Orchid



Sturt Desert Pea



Yellow Cowslip  
Orchid

### **BLACK-EYED SUSAN**

- ve: impatience, "on the go", over committed, constant striving
- +ve: ability to turn inward and be still, slowing down, inner peace

### **BLUEBELL**

- ve: closed, fear of lack, greed, rigidity
- +ve: opens the heart, belief in abundance, universal trust, joyful sharing, unconditional love

### **BOAB**

- ve: enmeshment in negative family patterns, for the recipients of abuse and prejudice
- +ve: personal freedom by releasing family patterns, clearing of other, non-family, negative Karmic connections

### **FLANNEL FLOWER**

- ve: dislike of being touched, lack of sensitivity in males, uncomfortable with intimacy, difficulty communicating feelings
- +ve: gentleness and sensitivity in touching, trust, openness, expression of feelings, joy in physical activity

### **LITTLE FLANNEL FLOWER**

- ve: denial of the 'child' within, seriousness in children, grimness in adults
- +ve: carefree, playfulness, joyful

### **RED HELMET ORCHID**

- ve: rebelliousness, hot-headed, unresolved father issues, selfishness
- +ve: male bonding, sensitivity, respect, consideration

### **STURT DESERT PEA**

- ve: sorrows
- +ve: letting go, triggers healthy grieving

### **YELLOW COWSLIP ORCHID**

- ve: critical, judgemental, bureaucratic, nit picking
- +ve: humanitarian concern, impartiality - stepping back from emotions, constructive, a keener sense of arbitration





# PURIFYING ESSENCE

Cleansing and  
detoxifying the  
body of  
emotional  
baggage

- Feeling encumbered
- Emotional waste and baggage
- Recommended to take for 2 weeks, once per year, for an emotional spring clean
- Positive outcomes:
  - Sense of release and relief
  - Spring cleaned





**Bauhinia**



**Bottlebrush**



**Bush Iris**



**Dagger Hakea**



**Dog Rose**



**Wild Potato Bush**

## **BAUHINIA**

-ve: resistance to change, rigidity, reluctance

+ve: acceptance, open mindedness

## **BOTTLEBRUSH**

-ve: overwhelmed by major life changes – old age, adolescence, parenthood, pregnancy

+ve: serenity and calm, ability to cope and move on, mother-child bonding

## **BUSH IRIS**

-ve: materialism, atheism, physical excess, avarice

+ve: awakening of spirituality, acceptance of death as a transition state, clearing blocks in the base chakra and trust centre

## **DAGGER HAKEA**

-ve: resentment, bitterness towards close family, friends, lovers

+ve: forgiveness, open expression of feelings

## **DOG ROSE**

-ve: shy, insecure

+ve: confidence, belief in self, courage, ability to embrace life more fully

## **WILD POTATO BUSH**

-ve: weighed down, feeling encumbered

+ve: ability to move on in life, freedom, renews enthusiasm



# TRANSITION ESSENCE

Cope and  
move through  
major life  
change

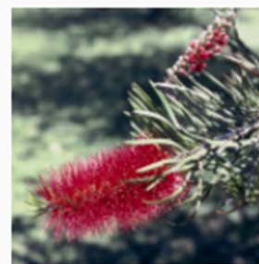
- Feeling stuck
- Lack of direction
- Uncomfortable with the unknown
- Non-acceptance
- Uncomfortable with change
- Positive outcomes
  - Acceptance of change
  - Serenity
  - Passing over in peace
  - Calm
  - Sense of direction and purpose



Autumn Leaves



Bauhinia



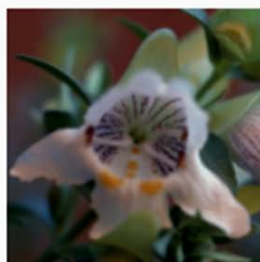
Bottlebrush



Bush Iris



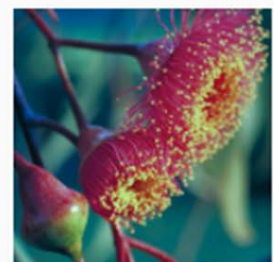
Lichen



Mint Bush



Red Grevillea



Silver Princess

## **AUTUMN LEAVES**

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

+ve: letting go and moving on, increase awareness and communication with loved ones in the spiritual world

## **BAUHINIA**

-ve: resistance to change, rigidity, reluctance

+ve: acceptance, open mindedness

## **BOTTLEBRUSH**

-ve: overwhelmed by major life changes - old age, adolescence, parenthood, pregnancy

+ve: serenity and calm, ability to cope and move on, mother-child bonding

## **BUSH IRIS**

-ve: materialism, atheism, physical excess, avarice

+ve: awakening of spirituality, acceptance of death as a transition state, clearing blocks in the base chakra and trust centre

## **LICHEN**

-ve: not knowing to look for and move into the Light when passing over, Earth-bound in the astral plane

+ve: eases one's transition into the Light, assists separation between the physical and etheric body, releases earth bound energies

## **MINT BUSH**

-ve: perturbation, confusion, spiritual emergence, initial turmoil and void of spiritual initiation

+ve: smooth spiritual initiation, clarity, calmness

## **RED GREVILLEA**

-ve: feeling stuck, oversensitive, affected by criticism and unpleasant people, too reliant on others

+ve: boldness, strength to leave unpleasant situations, indifference to the judgment of others

## **SILVER PRINCESS**

-ve: aimless, feeling flat, lack of direction

+ve: motivation, direction, life purpose





# PARENTING & CHILDCARE ESSENCES

Bossy Boots  
Dream Time  
Fusspot  
Mumma Mojo  
Sibling Harmony  
Toddler Tamer



## MUMMA MOJO ESSENCE

Give a little bit  
more oomph,  
resilience,  
calm, and  
renewal

- Not looking after own needs
- Burdened by responsibility
- Overwhelmed
- Not trusting own intuition
- Positive outcomes:
  - Renewal
  - Mother child connection
  - Enthusiasm
  - Peace and calm
  - Resilience
  - Self-nurturing





Alpine Mint Bush



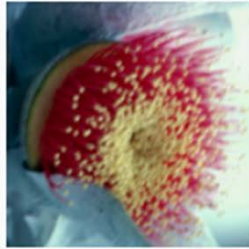
Bottlebrush



Bush Fuchsia



Crowea



Macrocarpa



Paw Paw



Philotheca

### **ALPINE MINT BUSH**

-ve: lack of joy and weight of responsibility of care givers, burdened by responsibility

+ve: revitalisation, joy, renewal

### **BOTTLEBRUSH**

-ve: overwhelmed by major life changes - old age, adolescence, parenthood, pregnancy

+ve: serenity and calm, ability to cope and move on, mother-child bonding

### **BUSH FUCHSIA**

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

+ve: courage to speak out, in touch with intuition, integration of information, clarity, integration of male and female aspects

### **CROWEA**

-ve: a sense of being "not quite right"

+ve: peace and calm, balances and centres the individual, clarity of one's feelings

### **MACROCARPA**

-ve: drained, jaded

+ve: enthusiasm, inner strength

### **PAW PAW**

-ve: overwhelm, unable to resolve problems, burdened by decision

+ve: improved access to Higher Self for problem solving, assimilation of new ideas, calmness, clarity

### **PHILOTHECA**

-ve: inability to accept acknowledgement, excessive generosity

+ve: ability to receive love and acknowledgement, ability to let in praise, looking after their own needs





# SPACE CLEARING ESSENCE

Clears a  
negative  
environment,  
creates a  
harmonious  
environment

- Great for clearing tense situations and environments and restoring balance
- Think to use this after there have been tantrums/arguments
- Available as a mist (50 ml & 100 ml)





Angelsword



Boab



Fringed Violet



Lichen



Red Lily

### **ANGELSWORD**

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

+ve: spiritual discernment, accessing gifts from past lifetimes, release of negatively held, psychic energies, clear spiritual communication

### **BOAB**

-ve: enmeshment in negative family patterns, for the recipients of abuse and prejudice

+ve: personal freedom by releasing family patterns, clearing of other, non-family, negative Karmic connections

### **FRINGED VIOLET**

-ve: damage to aura, lack of psychic protection

+ve: heals damage to aura, psychic protection

### **LICHEN**

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

+ve: eases one's transition into the Light, assists separation between the physical and etheric body, releases earth bound energies

### **RED LILY**

-ve: vague, disconnected, split, lack of focus, daydreaming

+ve: grounded, focused, living in the present, connection with life and God



# WOMAN ESSENCE

Supporting a woman's emotional and hormonal balance

- It allows a woman to discover and feel good about herself, her own body, and her beauty
- Female life cycle balance
- Restores emotional balance
- Coping with change
- Physical acceptance
- Appreciation of own beauty







Billy Goat Plum



Bottlebrush



Bush Fuchsia



Crowea



Five Corners



Mulla Mulla



Old Man Banksia



Peach-flowered  
Tea-tree



Pink Flannel Flower



She Oak

## **BILLY GOAT PLUM**

-ve: shame, inability to accept the physical self, physical loathing

+ve: sexual ease and enjoyment, acceptance of one's physical body, open mindedness

## **BOTTLEBRUSH**

-ve: overwhelmed by major life changes - old age, adolescence, parenthood, pregnancy

+ve: serenity and calm, ability to cope and move on, mother-child bonding

## **BUSH FUCHSIA**

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

+ve: courage to speak out, in touch with intuition, integration of information, clarity, integration of male and female aspects

## **CROWEA**

-ve: a sense of being "not quite right"

+ve: peace and calm, balances and centres the individual, clarity of one's feelings

## **FIVE CORNERS**

-ve: low self esteem, dislike of self, crushed, held-in personality, clothing drab and colourless, lack of confidence

+ve: love and acceptance of self, celebration of own beauty, joyousness



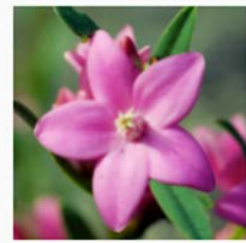
Billy Goat Plum



Bottlebrush



Bush Fuchsia



Crowea



Five Corners



Mulla Mulla



Old Man Banksia



Peach-flowered  
Tea-tree



Pink Flannel Flower



She Oak

### **MULLA MULLA**

-ve: uncomfortable around fire, heat or hot objects, emotional distress associated with exposure to heat and sun

+ve: feeling comfortable with fire, sun and heat

### **OLD MAN BANKSIA**

-ve: phlegmatic personalities, disheartened, frustrated

+ve: enjoyment of life, renews enthusiasm, interest in life

### **PEACH-FLOWERED TEA-TREE**

-ve: lack of commitment to follow through projects, easily bored, hypochondriacs

+ve: ability to complete projects. personal stability, take responsibility for one's health

### **PINK FLANNEL FLOWER**

-ve: feeling and seeing life to be dull, flat and lack lustre, unappreciative, unhappy, taking for granted, unmindful

+ve" gratitude, open-hearted, joie de vivre, appreciative, lightness of being

### **SHE OAK**

-ve: female emotional imbalance

+ve: emotionally open to conceive, female emotional balance











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# Learn more

## ONLINE AND IN-PERSON TRAINING

If you'd like to learn more about Australian Bush Flower Essences, the best place to start is the **Level 1 workshop**. Now offered online, this workshop is highly recommended.

See what a Level 1 workshop looks like:

<https://youtu.be/UfZNAaGhZzw>



Photo credit: Unsplash

Check out the education available here:

<https://ausflowers.com.au/ABFE-Education/ABFE-Workshops/>

## **LEVEL 1 WORKSHOP**

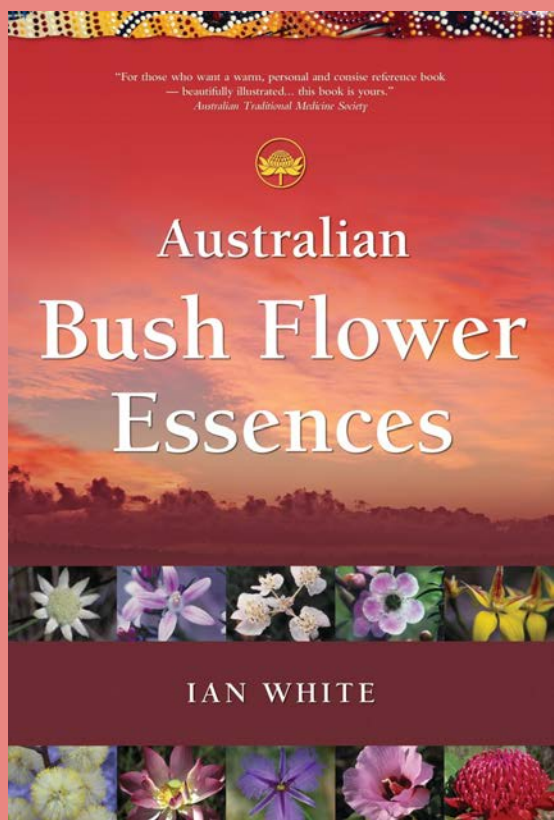
- Become competent and confident in using the Bush Essences
- Learn the history and philosophy of Flower Essences
- Gain new insights into nature, the plant kingdom and yourself
- Understand how your emotional patterns affect you
- Learn how to powerfully, yet gently change these patterns and improve the quality of your life
- Receive the most up to date in depth information on the research and development of Flower Essences
- Discover new tools to meet and resolve life's challenges and crises, learning difficulties and family issues
- Discover how to enhance self esteem and self confidence
- Enjoy a stunning visual presentation of the flowers used to make the Essences as well as the diverse regions of Australia in which they grow
- Actively participate in a bush walk, flower meditation and outdoor intuitive art process
- Learn the ancient metaphysical teachings of the four elemental personality types and their corresponding Essences
- Learn how to make a Flower Essence as well as prescribe the Australian Bush Flower Essences
- Master how to identify and clear negative subconscious sabotage programs

<https://ausflowers.com.au/ABFE-Education/ABFE-Level-1/>

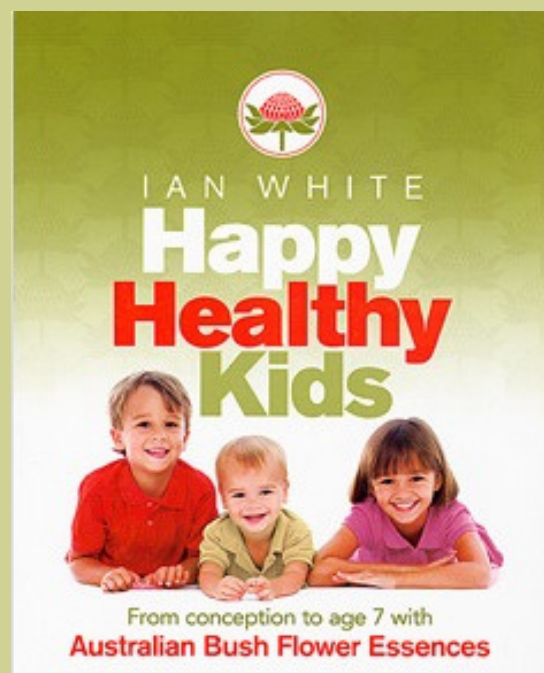
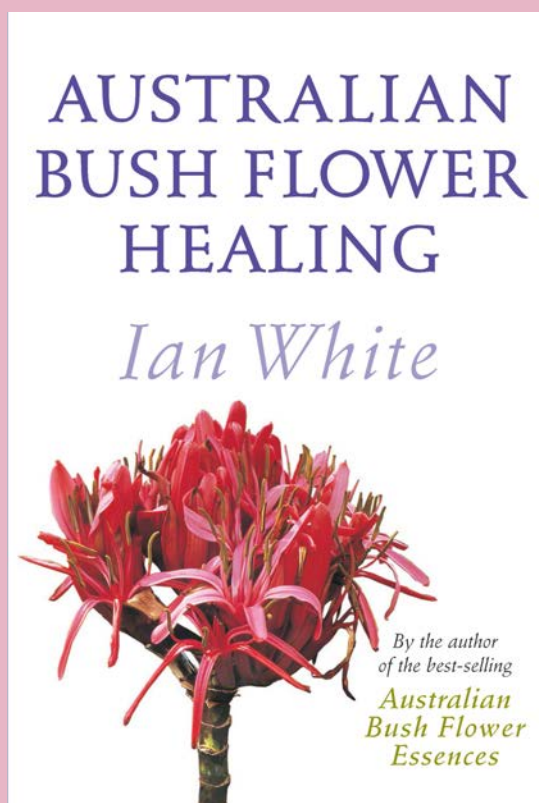


# Resources

This is Ian's first book and a great introduction to Australian Bush Flower Essences.



Bush Flower Healing is the follow up book which updates the 50 first essences detailed in the first book and introduces new 12 new essences that had been developed since the first book was published. It contains a detailed repertory of emotional, mental and spiritual conditions as well as a repertory of physical conditions. These repertories are very useful for making up your own remedies.



Excellent book for children from conception to aged 7.



This book comes with the Stock Kit and can be purchased separately. It summarises the negative and positive for all 69 single essences and how to make up the combination remedies. Updated version released February 2022.



# Getting started Dip your toes...

## READY MADE REMEDIES



*Purchase from your local health shop or ABFE.*

## REFERENCE BOOK

AUSTRALIAN BUSH  
FLOWER REMEDIES  
BY IAN WHITE



## SOCIALS



## NEWSLETTER

Keep up to date with the latest offerings from Australian Bush Flower Essences through their regular newsletter.

<https://ausflowers.com.au/avt-scsb-ext-workshops/Newsletter.ssp?n=2#list>



# Getting started

## Dive right in!

### STOCK KIT



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The Stock Kit, intended for both practitioner and home use, has been designed to incorporate all 69 Essences. It consists of 2 boxes with 72 allotted spaces which provides room for growth when new Essences are developed.

- 2 bonus dose bottles so that you have the opportunity to make up a remedy as soon as the kit arrives!
- a set of practitioner labels
- a Reference Book

### DROPPER BOTTLES



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30 ml bottles with the black neoprene dropper are recommended. (Dropper bottles with the pink rubber dropper taints the essence and doesn't last as long.)

Purchase directly from ABFE. Alternatively, try your local health shop or pharmacist.

### BRANDY



### WATER

Source pure still or spring water.

Perth water suggestions:

- [Apostle Spring Water](#)
- [Margaret River Spring Water](#)

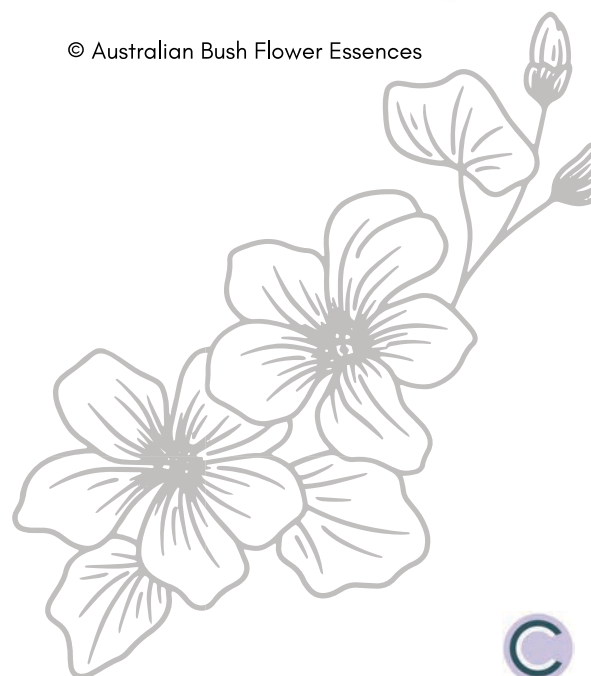
### LEVEL 1 ONLINE WORKSHOP

<https://ausflowers.com.au/ABFE-Education/ABFE-Level-1/>

### BOOKS



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*Where can I buy  
Australian Bush Flower Essences?*

**Australian Bush Flower Essences**

**[www.ausflowers.com.au](http://www.ausflowers.com.au)**

**Phone: (02) 9450 1388**

**Local health shops**

**Some pharmacists**



# Acknowledgements

*The stunning flower images used in the making of this eBook have been sourced from the Australian Bush Flower Essences website, Facebook and trainings I have undertaken. Exceptions to this are noted on the relevant images.*

All photos © Australian Bush Flower Essences





# Some last words...

Flower Essences are a powerful modality that can support your emotional and spiritual health as a Carer. I would also suggest you check out:

- Your gut health. Are you eating healthy food? Is your food nutritious, wholesome, seasonal and organic?
- Do you have other health issues that should be investigated by your medical provider that may be causing emotional concerns?
- Eat mindfully and slowly and give thanks for the food you are consuming
- Drink plenty of good quality water. Tea and coffee don't count towards a healthy water intake!
- Consider a mindfulness practice:
  - Yoga
  - Walking meditation
  - Meditation in general
  - A practice of gratitude all day, every day
  - Being in nature
  - Journaling
  - Art and craft
  - Socializing with friends and family



I also have many other suggestions on my [Caring for Carers](#) website.

You can contact me at [essentiallycaringforcarers@gmail.com](mailto:essentiallycaringforcarers@gmail.com)

## Disclaimer

I am not, nor am I holding myself out to be a doctor/physician, nurse, physician's assistant, advanced practice nurse, or any other medical professional ("Medical Provider"), psychiatrist, psychologist, therapist, counsellor, or social worker ("Mental Health Provider"), registered dietician or licensed nutritionist, or member of the clergy. I am not providing health care, medical or nutritional therapy services, or attempting to diagnose, treat, prevent, or cure any physical, mental or emotional issue, disease or condition. The information provided in this eBook is not intended to be a substitute for the professional medical advice, diagnosis or treatment provided by your own Medical Provider or Mental Health Provider. Always seek the advice of your own Medical Provider and/or Mental Health Provider regarding any questions or concerns you have about using flower essences for your emotional health. Do not disregard medical advice or delay seeking medical advice because of information you have read in this eBook or the links provided. Do not start or stop taking any medications without speaking to your own Medical Provider or Mental Health Provider.

Every effort has been made to accurately portray information in this eBook. However, due to the ever-changing nature of the internet and the evolution of Australian Bush Flower Essences, some links may change. If in doubt, please go directly to the company's website at <https://ausflowers.com.au/>