

Australian Bush Flower Essences

Applied Physiology Component Bottles (30)

Banksia Robur (AP -Swamp Bank)
Banksia robur

Negative Condition

- disheartened ● lethargic
- frustrated

Positive Outcome

- enjoyment of life
- enthusiasm ● interest in life

Bauhinia (AP)
Lysiphyllum cunninghamii

Negative Condition

- resistance to change
- rigidity ● reluctance

Positive Outcome

- acceptance
- open mindedness

Billy Goat Plum (AP)
Planchonia careya

Negative Condition

- shame
- inability to accept the physical self
- physical loathing

Positive Outcome

- sexual pleasure and enjoyment
- acceptance of self and one's physical body
- openmindedness

Black-eyed Susan (AP)
Tetradlea ericifolia

Negative Condition

- impatience ● 'on the go'
- over committed
- constant striving

Positive Outcome

- ability to turn inward and be still
- slowing down ● inner peace

Bluebell (AP)
Wahlenbergia species

Negative Condition

- closed ● fear of lack
- greed ● rigidity

Positive Outcome

- opens the heart
- belief in abundance
- universal trust
- joyful sharing
- unconditional love

Dagger Hakea (AP)
Hakea teretifolia

Negative Condition

- resentment
- bitterness towards close family, friends, lovers

Positive Outcome

- forgiveness
- open expression of feelings

Dog Rose (AP)
Bauera rubioides

Negative Condition

- fearful ● shy
- insecure ● niggling fears
- apprehensive with other people

Positive Outcome

- confidence
- belief in self ● courage
- ability to embrace life more fully

Five Corners (AP)
Styphelia triflora

Negative Condition

- low self esteem
- dislike of self ● crushed
- held in personality
- clothing drab and colourless

Positive Outcome

- love and acceptance of self
- celebration of own beauty
- joyousness

Grey Spider Flower (AP)
Grevillea buxifolia

Negative Condition

- fear of supernatural and psychic attack ● terror

Positive Outcome

- faith ● calm ● courage

Illawarra Flame Tree (AP)
Brachychiton acerifolius

Negative Condition

- overwhelming sense of rejection
- fear of responsibility

Positive Outcome

- confidence ● commitment
- self reliance ● self approval

Kangaroo Paw (AP)
Anigozanthos manglesii

Negative Condition

- gauche ● unaware
- insensitive ● inept
- clumsy

Positive Outcome

- kindness ● sensitivity
- savoir faire ● relaxed
- enjoyment of people

Mountain Devil (AP)
Lambertia Formosa

Negative Condition

- hatred ● anger
- holding grudges
- suspiciousness

Positive Outcome

- unconditional love
- happiness ● forgiveness
- healthy boundaries

Old Man Banksia (AP)
Banksia serrata

Negative Condition

- weary
- phlegmatic personalities
- disheartened ● frustrated

Positive Outcome

- enjoyment of life
- renews enthusiasm
- interest in life

Paw Paw (AP)
Carica papaya

Negative Condition

- overwhelm
- unable to resolve problems
- burdened by decision

Positive Outcome

- improved access to Higher Self for problem solving
- assimilation of new ideas
- calmness ● clarity

Philothea (AP)*Philothea salsolifolia***Negative Condition**

- inability to accept acknowledgement
- excessive generosity

Positive Outcome

- ability to receive love and acknowledgement
- ability to let in praise

Red Helmet Orchid (AP)*Corybas dilatatus***Negative Condition**

- rebelliousness ● hot-headed
- unresolved father issues
- selfishness

Positive Outcome

- male bonding ● sensitivity
- respect ● consideration

She Oak (AP)*Casuarina glauca***Negative Condition**

- female imbalance
- inability to conceive for non-physical reasons

Positive Outcome

- emotionally open to conceive
- female balance

Silver Princess (AP)*Eucalyptus caesia***Negative Condition**

- aimless ● despondent
- feeling flat ● lack of direction

Positive Outcome

- motivation ● direction
- life purpose

Slender Rice Flower (AP)*Pimelea linifolia***Negative Condition**

- prejudice ● racism
- narrow mindedness
- comparison with others

Positive Outcome

- humility ● group harmony
- co-operation
- perception of beauty in others

Southern Cross (AP)*Xanthosia rotundifolia***Negative Condition**

- victim mentality
- complaining
- bitter ● martyrs
- poverty consciousness

Positive Outcome

- personal power
- taking responsibility
- positiveness

Sturt Desert Pea (AP)*Clialthus formosus***Negative Condition**

- emotional pain
- deep hurt ● sadness

Positive Outcome

- letting go
- triggers healthy grieving
- releases deep held grief and sadness

Sturt Desert Rose (AP)*Gossypium sturtianum***Negative Condition**

- guilt ● easily led
- regret and remorse
- low self esteem

Positive Condition

- courage ● conviction
- true to self ● integrity

Sundew (AP)*Drosera spathulata***Negative Condition**

- vagueness
- disconnectedness
- split ● indecisive
- lack of focus ● daydreaming

Positive Outcome

- attention to detail
- grounded ● focused
- living in the present

Sunshine Wattle (AP)*Acacia terminalis***Negative Condition**

- stuck in the past
- expectation of a grim future
- struggle

Positive Outcome

- optimism
- acceptance of the beauty and joy in the present
- open to a bright future

Tall Yellow Top (AP)*Senecio magnificusd***Negative Condition**

- alienation ● loneliness
- isolation

Positive Outcome

- sense of belonging
- acceptance of self and others
- knowing that you are 'home'
- ability to reach out

Turkey Bush (AP)*Calytrix exstipulata***Negative Condition**

- creative block
- disbelief in own creative ability

Positive Outcome

- inspired creativity ● focus
- creative expression
- renews artistic confidence

Waratah (AP)*Telopea speciosissima***Negative Condition**

- despair ● hopelessness
- inability to respond to a crisis

Positive Outcome

- courage ● tenacity
- adaptability ● strong faith
- enhancement of survival skills

Wild Potato Bush (AP)*Solanum quadrilocolatum***Negative Condition**

- weighed down
- feeling encumbered

Positive Outcome

- ability to move on in life
- freedom
- renews enthusiasm

Wisteria (AP)*Wisteria sinensis***Negative Condition**

- feeling uncomfortable with sex
- closed sexually
- macho male

Positive Outcome

- sexual enjoyment
- enhanced sensuality
- sexual openness
- gentleness

Yellow Cowslip Orchid (AP)*Caladenia flava***Negative Condition**

- critical ● judgemental
- bureaucratic ● nit picking

Positive Outcome

- humanitarian concern
- impartiality — stepping back from emotions
- constructive
- a keener sense of arbitration