

FLOWER ESSENCE	NEGATIVE CONDITION	POSITIVE OUTCOME
SWAMP BANKSIA	Low in energy Disheartened Frustrated	Interest and enjoyment in life Energy Enthusiasm
BAUHINIA	Resistance to change Rigidity Reluctance	Acceptance Open-mindedness
BILLY GOAT PLUM	Inability to enjoy sex Sexual Revulsion Physical Loathing	Sexual pleasure and enjoyment Acceptance of the physical body Open-mindedness
BLACK-EYED SUSAN	Impatience On-the-go Continual expenditure of energy Constant striving	Ability to turn inward and be still Slowing down Inner peace
BLUEBELL	Emotionally closed Fear of lack Greed Rigidity	Opens the heart Belief in abundance Universal trust Joyful sharing
BORONIA	Obsessive thoughts Pining Broken-hearted	Clarity of mind and thought Serenity Mental calmness
BOTTLEBRUSH	Overwhelmed by major life changes Adolescence – old age Pregnancy - parenthood Approaching death	Serenity and calm Ability to cope Ability to move on
BUSH FUCHSIA	Dyslexia Poor learning ability Stuttering Nervousness in public Ignoring gut feelings	Courage to speak out Clarity in speaking In touch with intuition Balancing and integration of R and L hemispheres
BUSH GARDENIA	Stale relationships Self-interest Unaware	Passion Renews interest in partner Improves communication
BUSH IRIS	Fear of death Materialism / avarice Atheism Sexual excess	Awakening of spirituality Assists dying in their transition Clearing of blocks in the base chakra and trust centre
CROWEA	Continual worrying Feeling 'not quite right'	Peace and calm Vitality Balances and centres the individual
DAGGER HAKEA	Resentment Bitterness twds family, friends + lovers	Forgiveness Open expression of feelings
DOG ROSE	Fearful Shy / Insecure Apprehensive with other people Niggling fears	Confidence Belief in self Courage Love of life
FIVE CORNERS	Low self-esteem, especially concerning the physical body Dislike of the self Crushed, 'held in' personality Clothing drab and colourless	Love and acceptance of the self Celebration of own beauty Joyousness
FLANNEL FLOWER	Dislike of being touched Agoraphobia Lack of sensitivity in males	Gentleness and sensitivity in touching Openness / trust Expression of feelings Joy in physical activity

FRINGED VIOLET	Damage to aura Shock, trauma Lack of psychic protection Poor recuperation since shock / trauma Fear of physical contact since rape or assault	Removal of effects of recent or old trauma Reintegration of physical and etheric bodies Psychic protection
GREY SPIDER FLOWER	Terror Fear of supernatural and of psychic attack	Faith Calmness Courage
HIBBERTIA	Self-improvement fanaticism Addiction to acquiring knowledge Excessive self-discipline Feeling of superiority	Content with own knowledge Acceptance, ownership and utilisation of own knowledge
ILLAWARRA FLAME TREE	Fear of responsibility Overwhelming sense of rejection	Confidence Commitment Strength Self-reliance Self-approval
ISOPOGON	Poor memory Inability to learn from past mistakes Senility Controlling personality Manipulative personality	Ability to learn from past experiences Retrieval of forgotten skills Relating, without manipulation or control
JACARANDA	Scattered Changeable Dithering Rushing	Decisive Clear-minded Quick-thinking Centred
KANGAROO PAW	Gauche Unaware Insensitive Inept Clumsy	Kindness Sensitivity Savoir-faire Enjoyment of people Relaxed
KAPOK BUSH	Apathetic Resigned Discouraged Half-hearted	Willingness Application Gives it a go Persistence Perception
LITTLE FLANNEL FLOWER	Denial of the 'child' in the personality Seriousness in children Grimness in adults	Carefreeness Playfulness Joyfulness
MACROCARPA	Convalescent Tired Exhausted Burnt out Low immunity	Energy Vitality Endurance
MOUNTAIN DEVIL	Hatred Anger Holding of grudges Suspicion	Unconditional love Happiness Forgiveness
MULLA MULLA	Fear of flames and hot objects Trauma associated with fire and heat	Rejuvenation Feeling comfortable with fire
OLD MAN BANKSIA	Sluggishness Plethoric Low in energy / weary Disheartened Frustrated	Enjoyment of life Energy Enthusiasm Interest in life

PAW PAW	Feeling overwhelmed Unable to resolve problems Burdened by decision-making	Improved access to Higher Self for problem-solving Assimilation and integration of new ideas Calmness Clarity
PEACH-FLOWERED TEA TREE	Mood swings Lack of commitment and follow through with projects Hypochondriacs Easily bored	Emotional balance Follow through with projects Trust in and responsibility for one's own health
PHILOTHECA	Inability to accept acknowledgement Excessive generosity	Able to receive love and acknowledgement Ability to accept praise
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
RED HELMET ORCHID	Rebellious Hot-headed Selfish	Male bonding Sensitivity Respect Consideration
RED LILY	Vagueness Disconnectedness Split Indecisive Lack of focus Day-dreaming	Grounded Focused Living in the present
SHE OAK	Hormonal imbalance in females Unable to conceive with no physical reason	Hormonal balance Conception Fertility
SILVER PRINCESS	Aimless / lack of direction Despondent Feeling flat	Motivation Direction Life purpose
SLENDER RICE FLOWER	Pride Jealousy Racism Narrow-mindedness Comparison with others	Humility Group harmony Cooperation Perception of beauty in others
SOUTHERN CROSS	Victim mentality Complaining Bitter Martyrs Poverty consciousness	Personal power Taking responsibility Positivity
SPINIFEX	Physical ailments Herpes / Chlamydia Fine cuts Sense of being a victim to illness	Empowerment through emotional understanding Physical healing
STURT DESERT PEA	Pain Deep hurt Sadness	Letting go Diffuses sad memories Motivates and re-energises
STURT DESERT ROSE	Guilt Low self-esteem Easily led	Courage Conviction True to self Integrity

SUNDEW	Vagueness Disconnectedness Split Indecisive Lack of focus Daydreaming	Attention to detail Grounded Focused Living in the present
SUNSHINE WATTLE	Stuck in the past Expectation of grim future Hopelessness	Optimism Acceptance of the beauty and joy in the present Joyful expectation
TALL YELLOW TOP	Alienation Lonely Isolated	Sense of belonging Acceptance of self and others Knowing that one is 'home'
TURKEY BUSH	Creative block Disbelief in own creative ability	Inspired creativity Creative expression Focus Renews artistic confidence
WARATAH	Black despair Hopelessness Inability to respond to crisis	Courage Tenacity Adaptability Strong faith Enhancement of survival skills
WEDDING BUSH	Difficulty with commitment to relationships	Commitment to relationships Dedication to a goal or life purpose
WILD POTATO BUSH	Weighed down Physically encumbered Frustrated	Ability to move on in life Freedom Vitality
WISTERIA	Frigidity Sexual hysteria 'Macho male'	Sexual enjoyment Openness Gentleness
YELLOW COWSLIP ORCHID	Critical Judgemental Bureaucratic Nit picking	Humanitarian concern Impartial – can step back from emotions Constructive Ability to arbitrate