



1

HOW AUSTRALIAN BUSH FLOWER ESSENCES WORK

Bush Essences help to clear any emotional and spiritual blocks you may have. Physical disease or illness is a sign of being out of balance. This imbalance first occurs on the emotional or spiritual level and if it is not addressed, it will then show up in your physical body.

For thousands of years, practitioners of Chinese medicine and Ayurvedic medicine have known that particular emotions impact specific parts of the body. For example, anger is associated with the liver, and fear with the kidney. Bush Essences promote healing and restore wellbeing by dissolving and releasing negative emotions and thoughts, and flooding your being with positive feelings such as love, joy, compassion and courage.

If you do experience an upset or a crisis in your life, Bush Essences will assist you to be aware of and listen to your inner guidance, work through your feelings and experiences, and recover more quickly.

AUSTRALIAN BUSH FLOWER ESSENCES IN ACTION

The special thing about Bush Essences is that they address and resolve the cause of a problem, rather than merely treating symptoms. An example can be seen in children

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in various orphanages in Brazil, to whom my company donates essences. The children used to suffer on average six or seven bouts of bronchitis each year. After twelve months of taking the remedies for grief, sadness and abandonment (the emotions which affect the lungs), that figure had dropped to less than one bout per child per year.

As the use of Bush Essences becomes more widespread, we receive more and more stories of their wonderful application and healing with children. Green Cross has found one of the combination essences, Electro, to be the most effective treatment they have used to remove nuclear radiation from the children in Belarus with the highest levels of contamination from the Chernobyl disaster. Electro reduced their levels on average by 43 per cent in two weeks, more than double their previous best treatment.

My experience with my three young boys and husband has been how nice it is to be able to get a gentle remedy out of the cupboard and treat a problem as soon as it arises. This is much better than waiting until the problem is bad enough to visit the doctor (e.g. with earaches, sore throats, conjunctivitis etc.) Then rearranging your day to visit the doctor, waiting for ages in a room full of sick people and then ending up with some harsh chemical treatment. As a family we are learning more about natural medicine and gaining greater appreciation of nature as a result. Australian Bush Flower Essences are even more special to us as we live in the bush and see many of the remedies growing around us.

Jenny Hill, New South Wales, Australia

I always ask participants in my workshops if anyone grew up being given flower essences by their parents, and though it's very uncommon to find anyone who had such a benefit, all appreciate how much easier their childhood would have been if the essences had been available to help them during all the difficult times we all experience as children. So I am particularly excited to hear of children today being brought up in families using the essences. The cases above and below illustrate how Bush Essences have been easily incorporated into daily life and become important components of wellbeing of these families.

HOW AUSTRALIAN BUSH FLOWER ESSENCES WORK

My two-year-old son Finlay has been exposed to Australian Bush Flower Essences since the moment he was born. Boab and Fringed Violet were his first essences (apart from in utero). Now I just have to tap the bottle and he says, 'Aahh' with a big mouth open. I am just so honoured to be sharing in nature's brilliance and watch how the Bush Essences connect so well with the energies of today's special children. I am excited that one day I can pass down my experience and journey of working with Australian Bush Flower Essences to my children, so they too can experience the amazing connection with Mother Earth and the healing of themselves and others.

Sarah O'Brien, Western Australia

Throughout this book you'll find many other stories and case studies that show just how effective and powerful Bush Essences are for pregnant mothers, babies and children.

I have been fortunate enough to be aware of and able to use Australian Bush Flower Essences with my daughter since my pre-conception phase, throughout my pregnancy and birth, and during my postpartum recovery. I regularly use the essences on my young daughter Charlotte, with wonderful results. I couldn't imagine not having them as I am using them so often for such a variety of things. They are an amazing gift for us to use on ourselves and our children. People have commented to me what a truly beautiful, calm and contented baby Charlotte is, how they have never quite seen such a child. We often get told how 'lucky' we are. I truly believe that luck is not the reason she is the way she is, but a combination of our use of Bush Essences, partnered with other holistic choices we have made. The essences have made the last eighteen months of our lives with Charlotte wonderful and we look forward to continuing to use them in our family in the coming years.

Kim Mann, New South Wales, Australia



2

PREPARING FOR PREGNANCY

Making the decision to become a parent is a big step. When you and your partner are preparing for parenthood, you'll probably ask yourselves about the right time for conception. You may also have some doubts, and question whether you are both ready to take on the responsibility of being a parent or whether your relationship is strong enough to support one another through pregnancy and the years ahead.

When you do choose to try to become pregnant, it's best to allow a good two to three months to prepare yourselves before conception, as you and your baby will benefit if you are fit and strong both physically and emotionally. The effects of stress, pollution and diet can all take their toll, so a good eating and health regime is important. Bush Essences have a major role in helping you maximise your health at this time.

PREPARE YOURSELF

As you start to focus on pregnancy you might feel insecure and anxious about becoming parents. You might doubt your ability to cope, or question whether you will be competent parents. Don't worry—this is a very common response. It's helpful to build your confidence* at this time, so you feel positive and excited about raising a child.

One of the reasons you may have doubts prior to pregnancy is that you are heading into unknown territory, with many decisions to make along the way. You do, however,

PREPARING FOR PREGNANCY

have the ability to make good decisions. That's why I recommend that women preparing for motherhood enhance their intuition at this time: when you take time out and slow down, you start to be more aware of what you're feeling. Your intuition is your gut feeling. When you listen to your intuition and trust it, it can be a wonderful guide and can help you in deciding on the timing of your pregnancy, for example, and in being aware of when you are most fertile. Bush Fuchsia will help you here—it is specifically for intuition, helping you to tune in and listen carefully. You'll find it in Calm and Clear Essence, Woman Essence and Cognis Essence.

Time for a second child?

We wanted to be sure about the best time to have a second child, so I took Bush Fuchsia to help me discern when our little family was ready for a new child to be born.

Maria Martinez, Argentina

TIME TO GET HEALTHY

Conception is literally about making a baby. That's why your baby's health will be enhanced when the quality of your egg and sperm is strong. You can take some very important steps to ensure you and your partner are as healthy as possible before conception.

One of the ways you can improve your wellbeing is to cleanse your body of toxins—physical and emotional. Each organ in your body is impacted by certain emotions. By cleaning out the organ concerned you also release any emotion that organ is storing. For example, your kidneys hold fear. So by cleaning out your kidneys you also release fears you may have held on to for years. And your liver holds anger, so by cleansing it you also release anger and resentment that might have built up over time. Purifying Essence is very useful here. It provides a physical and emotional detoxification for your major organs of elimination, large intestines (holding on), kidneys (fear) and liver (anger and resentment) as well as the lymphatic system. This allows you to free yourself and your baby from all the physical and emotional baggage you've been carrying.

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This essence is very powerful. It clears from your body all the toxic waste from your past, regardless of how long you've been carrying it. For example, if you smoked in the past but have now given up, your body still holds some of the toxicity from the years when you smoked. I've witnessed people who haven't smoked for over fifteen years and after having Purifying Essence have had nicotine come out of the fingers they used to hold their cigarettes with. People have also had old anaesthetics, from surgery years before, released from their bodies.

Ideally I would advise you and your partner to take 7 drops of Purifying Essence when you get up in the morning, and 7 drops when you go to bed, for one month. During that time you should eat a good, wholesome diet, including lots of live food, such as fruits and vegetables, and less packaged and processed food, with no artificial colours or preservatives.

Break those habits and addictions

This can be a good time to eliminate drugs from the body. Stopping such habits as smoking or drinking too much alcohol is ideal as you want to be in the best health possible for pregnancy and parenthood.

There are three remedies in particular that will help you to give up bad habits and addictions, and they are usually combined.

- Monga Waratah gives you a sense of your own strength, and will help you accept that you don't have to stay dependent on the substance.
- Bottlebrush helps break the habit itself.
- Boronia is good for the obsessive part of addiction; for example, thinking of smoking all the time even though you may have given up. Or you may be addicted to coffee.

Take this mix of remedies for at least three weeks to help get past the habit of the addiction. I'd suggest you take the mix first thing in the morning and last thing at night, as well as any time you have a strong craving. If for three weeks you do not drink coffee or alcohol, or smoke that cigarette, this new behaviour becomes a habit. It's useful to know that anything you do for 21 days becomes a new habit, so *not* doing it also becomes a habit.

PREPARING FOR PREGNANCY

While we might not realise it, we often use addictions to cover emotional pain*. This emotional pain could be based in childhood, where you were teased or bullied, for example, or if your family home was not a happy one. Perhaps your beloved family pet died and you were heartbroken, or a close friend moved to another school. We suffer emotional pain throughout life—when we're disappointed or betrayed, when we lose people close to us, or go through a separation or divorce. To distract ourselves from the pain, or to make us feel a bit better, we can turn to drinking or smoking, or other addictions.

Once we break that addiction or habit, the emotional pain can come flooding to the surface. This is when it's useful to turn to the essences that deal with this emotional pain. Whatever the pain that's being masked, whether it's grief or sadness, anger or fear, there are specific essences to address those emotional states.

Help with giving up smoking

At a workshop, Adrienne shared that she had been a smoker for years and wanted to break the habit before she became pregnant. She took a mix of Monga Waratah, Bottlebrush and Boronia, and was able to not only stop smoking but she was also easily able to give up coffee and sugar. Adrienne followed this with Sturt Desert Pea to help her address long-held grief and sadness, which led to a lot of crying, but she said that they were 'good tears' and she felt fantastic and was releasing very old emotional pain.

Ian

Improve your digestion

A healthy diet is important in the lead up to conception and during pregnancy, especially for you as the mother, but it isn't just about eating the right food. What's also important is absorbing the nutrients from the food, and to do this your digestive system needs to be in good shape.

The digestive process starts in the mouth, so your food needs to be chewed well to break it down. Some people only chew a little bit and then swallow what is essentially unchewed food.

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You may find that you have problems digesting fatty foods, or that you suffer from feelings of nausea when you eat fatty or oily foods. If this is the case for you, it could be a sign your gall bladder or liver is not working well. The remedy Dagger Hakea, which is in Purifying Essence, will improve the function of your gall bladder and liver.

Ideally, food should be eliminated within 36 hours after it's been eaten, otherwise it begins to ferment in the large intestine, or bowel. The result is that waste is absorbed through the bowel wall into the bloodstream and then goes to the liver, the big detoxifier of the body. If your liver is not detoxifying waste, especially waste coming from the large intestine, then your blood is less pure and not able to absorb as much oxygen as it passes through your lungs. Plenty of oxygen is essential for good health and vitality, so less oxygen in the blood (and therefore throughout your body) has health implications for a mother, her pregnancy and her baby. Purifying Essence will help your liver detoxify your body.

Slow down and chew

I tend to eat fast and gulp my food, but taking Calm and Clear Essence helps me to slow down and relax so that I eat more slowly. I find I don't get stomach cramps the way I used to.

Robyn Morton, New South Wales, Australia

Appreciate your body

As a mother, your growing baby will be living within your body for some months. So the more you are in touch with your body, the more aware you will be of any changes and of your body's needs. These needs start well before pregnancy, as you nourish yourself with healthy food, keep yourself hydrated with filtered water and fresh juices and get enough rest to feel refreshed and renewed.

To help you get in touch with your body and increase your energy levels, take up some form of exercise if you haven't already. The remedy Flannel Flower, in both Relationship Essence and Sexuality Essence, is very useful in helping you to appreciate your body, especially if you tend to be very sedentary and don't do much exercise. If

PREPARING FOR PREGNANCY

you take Flannel Flower, you'll be more inclined to call friends to organise a tennis match rather than just sit back and watch it on television. This essence will also help you want to dance or walk, or generally move your body. Flannel Flower can also help you and your partner get back in touch with your passion and sexuality, which can be a big issue with our busy lifestyles.

Enjoying sex

When my husband saw what a difference taking Flannel Flower made to me, he started to take it too. We are both much more physical these days.

Jeannie, workshop participant, as told to Ian

Harmonise your body

Your reproductive system needs to be functioning very well for you to conceive. Woman Essence is excellent to take at this time because it will harmonise any imbalances in your body. One of its remedies is She Oak, which helps keep your ovaries healthy; in fact, the seed pod of the she oak tree is the same size as a woman's ovary.

Studies indicate that if you suffer from pre-menstrual syndrome (PMS), you are more likely to experience post-natal depression. It's really helpful to know about this link to inspire you to balance your reproductive cycle before conceiving.

To help your reproductive system regain balance, take Woman Essence for a month. Have a break for two weeks, then go back on to it for a month. Repeat this for two or three months. One of the remedies in this essence, Peach-flowered Tea-tree, also helps with mood swings and the fluctuations in hormone levels during your cycle, if this is an issue for you.

After the pill

The pill is still the major form of contraception in the Western world and has many implications for a woman's health. For example, your hypothalamus, the part of the brain that controls many functions of the body, can be seriously thrown out of balance

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if you take the pill for an extended period of six months or more. It's been found that Bush Fuchsia will reset your hypothalamus. It will also integrate the left and right sides of your brain, as well as your front and back brain hemispheres, enabling you to be more focused, less stressed and able to think quickly and clearly.

The heart–uterus connection

In Chinese medicine, the heart and uterus are intimately connected. If you feel happy, your uterus is more likely to function properly. Pink Flannel Flower, in Woman Essence, has a very strong action on your heart, bringing about a sense of gratitude and joy. When your heart is open, you feel joy and gratitude. This will then flow on to your uterus, enhancing conception and a healthy, full-term pregnancy.

Enhance your sexuality

Once you and your partner are in good health, you could begin working with Sexuality Essence. It will enhance the pleasure and enjoyment of intimacy between you. One of its remedies, Flannel Flower, will also help you enjoy touch during tender moments, and to talk about your inner feelings. This is ideal for couples who feel as if their shared tenderness is not as apparent in the relationship as it used to be.

Your baby will also benefit if you work with Sexuality Essence. It is a surprise to many people, but your child's belief system develops rapidly from conception until the age of three. By age three, 90 per cent of your child's beliefs have already been formed. The more comfortable you and your partner feel about your sexuality, the more likely you are to impart to your child healthy belief systems around sexuality.



Making love

To create a very intimate, receptive environment for you and your partner to make love with the intention of conceiving, use Sensuality spray. It encourages passion and sensual fulfilment.

Ian

PREPARING FOR PREGNANCY

IF YOU CAN'T CONCEIVE

Many couples imagine that they will conceive quite quickly, but sadly this is not always the case. While most couples become pregnant without too much delay, there are other couples who face disappointment month after month.

If conception does not occur when you hoped, then the male partner could begin working with Flannel Flower essence. This remedy is in both Sexuality Essence and Relationship Essence. It will increase the quantity, quality and motility of sperm.

For the woman I'd recommend Woman Essence. There are many, many case histories of women who have been trying to conceive for years who then conceive quickly while working with Woman Essence.

One of the remedies in Woman Essence is She Oak, which will help you to be emotionally open to conceive. There are a number of emotional factors that can influence or create infertility. For example, a young girl might pick up the idea from her own parents that motherhood is very hard and unrewarding. This attitude, from her mother in particular, can stand in the way of conception. One client of mine didn't want to conceive on a subconscious level because of a trauma in a past life—as a mother, she'd had to mercifully kill her six young children to save them from a brutal death at the hands of marauding soldiers. The agony of this event left such a deep scar on her psyche that she didn't ever again want to be a mother, or hold such a position of responsibility. She Oak can successfully address infertility that stems from such deep emotional causes.

A dehydrated uterus is another common cause of infertility. She Oak is brilliant here, because it will rehydrate your tissue and correct this problem while at the same time bringing about hormonal balance.

I've had over 75 per cent success rate in treating infertility with She Oak, as have many of my fellow practitioners. In fact, one medical doctor I know has enjoyed over a 90 per cent success rate using She Oak in her Sydney practice.

At an international flower essence conference in Brazil two women travelled 700 and 1000 kilometres respectively to personally thank me for making She Oak available. One had conceived within two months of taking She Oak and the other within three months. Both women had been trying to become pregnant, one for eight years and the other for seven years. They were both very moved and extremely grateful for the remedy.

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Pregnant at last!

After having two babies using IVF over seven years, imagine my delight when I found I had become pregnant naturally with my third child. I had been taking:

- Woman Essence to balance my hormone levels;
- Creative Essence for creating a baby; and
- Confid Essence for confidence that my body could do it all by itself.

The essences never cease to amaze me; the power within them renews the power within us.

Sarah O'Brien, Western Australia