



May Informer

***Your newsletter
You are but an essence of life***

Keeping you up to speed with what's going on. I certainly would be happy to receive information on events coming up in your district and any short articles that you have.

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Australian Bush Flower Remedies



By Ian White

History

The concept of healing that was shared by such great healers as Hippocrates, Paracelsus, Hahnemann and Steiner was a simple one. They all believed that good health was the result of emotional, spiritual and mental harmony and found that when they treated their patients' psychological imbalances, their diseases were cured.

This totally embodies the philosophy of the healing modality of Flower Essences. If one examines both Tradition Chinese Medicine and Ayurvedic Medicine, two systems of healing based on thousands of years of empirical observation, you will find too as their cornerstone, this underlying principal. Consequently physical symptoms are viewed merely as pointers to deeper emotional or spiritual imbalances. There is a very clear correlation within these medical models as to what organs are affected by which emotion. Diseases of the lungs for example stem from grief whilst anger will affect the gall bladder and liver.

The Australian Bush Flower Essences work on the mind and spirit but predominantly work on the emotional level, harmonising negative feelings and belief patterns, held in the sub-conscious mind and are very specific in the issues and emotions which they address. They are obtained by extracting the healing vibrational quality from the highest evolved part of the plant - the flowers.

Ancient records show that over three thousand years ago the Egyptians collected the dew from flowers to treat emotional imbalances. The Australian aborigines have also long used flowers to heal emotional imbalances. They would also collect the dew or else eat the whole flower to obtain the vibrational healing aspect of the plant.

The earliest written European records of Flower Essence usage dates back to Abbess Hildegard von Bingen in the 12th Century and Paracelsus the famous Swiss medical professor, alchemist and herbalist of the 16th century. Flower essences have also been widely used in Asia, the sub-Continent and South America.

The Flower Essences were further developed in the 1930's by Dr. Edward Bach. Since 1980's there has been a great resurgence of Flower Essence development around the globe.

The Australian Bush Flower Essences carry on this very long healing tradition of Flower Essences. My family and I have been practising herbal medicine in Australia for five generations. Both my Grandmother and Great Grandmother were among the first white people to seriously study the medicinal properties of our Australian plants. I grew up living next door to my Grandmother in the bush at Terrey Hills in New South Wales. As a young boy I spent as much time as possible helping her prepare herbal extracts and tinctures as well as accompanying her on regular bush walks where she would point out specific plants and trees and discuss their healing qualities with me. It was during this time that I developed a deep appreciation of the immense healing qualities of the Australian plants. On leaving school I initially completed a B.Sc. and then immediately commenced my Naturopathic Degree. This is where I came across the concept of Flower Essences. Their simplicity, affordability and the fact anyone can use them excited me. Though at that time in the late 1970's the only system available was the English one. It struck me as strange that no one was researching Australian flowers - especially given the powerful healing of the Australian flora. This led me to start investigating the healing properties of Australian plants through research into their Doctrine of Signatures, aboriginal practices, intuitive methods and Kinesiology. I was carrying on the family tradition of working with our local flora but focusing rather on their emotional and spiritual healing properties.

For the next two years I was a driven man. The first thing that I noticed with the Bush Essences was how quickly





they worked. Instead of prescribing them 4 times a day for a month, the Essences needed only to be taken morning and night for a two-week period. The results were spectacular – patients were certainly aware of the beneficial changes when they were prescribed the Bush Essences. I also noticed very profound and quick shifts with their symptoms. It didn't take long until people from all around the world were working with the Bush Essences. Currently there are 69 individual Australian Bush Flower Essences and from these I have developed 14 Combination remedies, 6 creams, 7 Oral sprays and 5 Mists.

The Bush Essences very much address the unique and new needs of society today in the 21st century, addressing such contemporary issues such as learning difficulties – dyslexia, ADD, ADHD; communication skills; creativity; protection from electro-magnetic radiation and solar radiation; spirituality and relationships. The Bush Essences also address the basic emotions such as fear, grief, anger etc.

Australia had the first flowering plants and also has the highest number of flowering plants in the world. Australia flora displays striking colour with a predominance of red and purple along with unique ancient forms. Our land is one of the most physically and psychically unpolluted of countries and metaphysically has an ancient, powerful energy. This energy, combined with the strength and purity of the country, manifests itself in the flora which is why the Bush Flower Essences have a worldwide reputation for being incredibly quick acting and of having profound healing abilities, even on the physical body.

All of the Bush Essences have been prepared by the sunshine method, a technique that was originally developed by Edward Bach. The standard Bush Essence dose is to take 7 drops from the dosage bottle, under the tongue, on rising and retiring. If you were addressing an emotional imbalance then you would normally take the remedy for two weeks, where as if you were addressing a physical problem you would normally expect to take the remedy for at least a month. There is no harm in taking the remedy for longer periods.

The Bush Essences are unique in that they can be and

are, easily incorporated with all healing modalities. Many Acupuncturists put the drops onto the needles once they have been placed in the patients. Emergency Essence is sprayed in Intensive Care wards as well as the Emergency Essence drops being used in obstetrics wards to assist child birth and can be given to help patients recover from the trauma of surgery. Emergency Essence is a combination of seven essences and is used to ease distress, fear, panic and trauma. It is the first aid remedy of the Bush Essences. Slender Rice Flower is also used after surgery to enhance scar healing and lessen the incidence and effects of adhesions and scar tissue. Mulla Mulla is successfully employed on patients undergoing radiation therapy where it reduces the amount of burning as well as enhances the healing of any such burns and at the same time easing the emotional trauma some people experience during this treatment. She Oak has been successfully used as an alternative treatment for hormone replacement therapy. It helps hydrate the cells in the body thereby helping to slow the ageing process and maintaining vaginal lubrication. It also helps the body to utilise oestrogen precursors in food such as soy and yams. She Oak also helps a woman to maintain an optimum level of sex hormones even during menopause. Many psychiatrists around the world incorporate the Bush Essences as a major part of their treatment with patients. Reiki and hands on healers often place specific Bush Essences either on their hands directly on the part of the body of their client that they are going to direct healing energy to.

Massage therapist add specific Bush Essences to their massage oil. Flannel Flower for example being used for clients who are uncomfortable with physical touch or intimacy.

Veterinarians widely prescribe the Bush Essences for all manner of emotional and physical symptoms. Red Helmet for example produces excellent results for animals with behavioural problems such as aggressive dogs and stubborn, rebellious horses. One veterinary clinic always has a bottle of Emergency Essence on their operating tray. Animals respond extremely quickly to the Essences - as do children. Many wildlife agencies involved in animal rescue also use the Bush Essences, especially Emergency Essence.

Naturopaths frequently search for the emotional causes behind physical symptoms, and once determined, the Bush Essences are ideal for addressing these issues. In the index in both my books there is a physical repertory listing the Bush Essences that cover the main emotional states and beliefs that frequently create specific physical symptoms. There is also a chapter on Iridology in my book Australian Bush Flower Healing that discusses major markings in the eye and indicates which Bush Essences would be the most appropriate for the health conditions that these markings underlie.

Any practitioner would benefit from spraying their treatment room at the end of the day with Space Clearing Mist to help remove the psychic residue, which is left when patients release strong emotions. Space Clearing purifies and releases all environments of negative emotion, mental and psychic energies.

Case Histories

The following few brief anecdotes and case histories from our thousands of files will, I hope, illustrate the scope and potential of the Australian Bush Flower Essences.

One woman was in so much pain from arthritis when she came to consult with me that she was unable to sit down in the chair. The joints of her fingers were swollen, gnarled and deformed. Her condition had commenced 4 years earlier when her husband had left her for another woman. I prescribed Sturt Desert Pea for her, an Essence for grief. After 5 days she rang back to say that all she had done was cry in that time but also that she was free of pain and the deformity in her hands had gone! Rheumatologists would declare this either as impossible or a miracle.

The Bush Essences are also being used in orphanages in Brazil with the kitchen staff being instructed to add Essences into the food while it is being cooked. In the first orphanage where this treatment program began, each child on average experienced 5.7 cases of bronchitis a year and the annual medical cost to the government per child was 67 reals. Bronchitis is connected to grief, an emotion that you would expect abandoned children to experience deeply. After one year of using Bush Essences in the orphanage the frequency of bronchitis dropped to under 1 case per child and annual health expenditure went down from 67 to 7 reals.

The Bush Essence combination, Purifying Essence, is used to help cleanse the body of both emotional and physical toxicity. One woman, a previously heavy smoker who had not smoked for 15 years experienced, on taking this blend, nicotine stains coming out on the fingers that she used to hold her cigarette with. Other patients have even smelt old anaesthetics coming out of their skin after taking this essence.

She Oak harmonises the ovaries and is prescribed for women experiencing infertility or having any hormonal imbalances including PMS or menopausal symptoms. One Sydney doctor claims to have over 90% success rate treating infertility solely with She Oak.

Bush Essences can help over a broad range of learning, emotional and behavioural areas. A most amazing case was a six-year-old boy who had been diagnosed as having ADD with hyperactivity, Asperger's Syndrome, eating disorders, learning and speech problems. His behaviour was outrageous. He had slept only 3 or 4 hours out of every 24 from the time he was a baby and he had put his younger brother in hospital several times. He had been assessed at school as being at mid preschool standard and he had no social skills. He would not go out of the

house unless forced and fought violently with any kids he did get to play with. He made life hell for everyone. On the 6th day after starting to take a mix of Fringed Violet, Sundew, Bush Fuchsia, Crowea, Dog Rose, Kangaroo Paw and Macrocarpa there was a marked improvement. He willingly went to visit his grandmother and allowed her to give him a hug – something he had never done before. And on the same day his speech teacher commented that for the first time since she had been working with him he was actually listening and responding. He continued to take the essences – with some changes to the combinations – for the next several months and by the time the next school year had started he was reassessed and found to be middle of the range for his age at reading and comprehension. His new teacher didn't even know he had any problems until his mother told her. And his mother said to me: "I feel that for the first time since he was born I have a normal child!"

**1. Nixon, Paul. The Waratah. Kangaroo Press, Sydney, 1987.



AUSTRALIAN BUSH FLOWER ESSENCES

For further information, workshop schedules and free online videos please go to our website
www.ausflowers.com.au

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THE Special HORSE



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“Our Love for Horses Creates a Passion So Deep, So Great within our own Hearts and Souls that the Most Amazing Feeling of Intense Motivation leads to Inspiration and Creation for Us. This we have Blessfully Witnessed also. Horses’ Symbology and Great Tribute within Society as a Whole, amongst Humanity and on Earth, plays a Significant Role for Solance Voyage Gallery. A Meaningful contribution towards Soul and Heartfelt Hope Fulfillment Full of Joy.”

www.solancevoyagegallery.com.au

Life has changed so much for so many of us on Earth that has come to Evolve so fast. Since the Awakening has occurred, more and more are starting to come to realize the importance of the True “living” of life. One has come to desire more and more the depth of soul living and fulfillment on a more grandeur level. And this goes beyond the means of material wealth. It goes beyond the means of feeling satisfied for the accomplishments and achievements of life. It is more

about the heart feeling so immense, profound, of a harmonious level that it leads one to discover a passion that propels them so fast forward that sometimes it is Absolutely “breathtaking”! The Excitement Powerful. It brings one that Phenomenal level of HOPE. There is this quote that I found amongst my notes and I truly do not know where it comes from or if I wrote those words in the middle of a night whilst ideas were flowing.

**“Believing has
an unexplainable way
of changing one’s life.”**

“HOPE” or “BELIEVE” are Very Powerful words for those that hold onto that that they Treasure and Desire so Dearly to Their Hearts. That Drives them to Remarkable Depths of Serenity beyond the horizon of Miracles to unfold.

We all are Special and have something so Unique to offer to Earth. We All have Astonishing Talents and Gifts, such Creative Souls. It is for this reason the Massive Awakening has occurred

on Earth. It is for this reason so many millions have come together, Uniting in such Extraordinary Harmony and wanting Peace on Earth.

The Contentment and Joy of Good Prevailing had become so Exhilarating on Earth, it is as if a domino affect has occurred that is unstoppable. People are starting to Unite with oneself, their fellow souls and Higher Powers/Universe/God.

“Keep love in your heart. A life without it is like a sunless garden when the flowers are dead. The consciousness of loving and being loved brings a warmth and richness to life that nothing else can bring.”

Oscar Wilde 1854 – 1900

One late afternoon my husband, Otto, took me to the Special Place where I would often sit on my own in Deep Prayer. It is where I often would write and heal. This particular late afternoon it was pouring rain. A smile lit my face so bright. To my husband’s surprise,

for the first time all I wanted to do was just sit inside the car, like a caterpillar in a cocoon feeling so safe and warm. Suddenly this awe-inspiring feeling of gratefulness came over me. I started to count My Blessings.

**The Special Sacred Place: (See photo above) The Gurdies, Victoria.
The Special Bench Resides There where I would sit and write and reflect on Life.**

And then suddenly this Special Horse that won my heart came into my thoughts. I realized that no matter what, Compassion will Forever linger and be Embraced in

the Hearts of so many on Earth. I Hope that one day ALL of Humanity will be so at peace there won't be the need to destruct or corrupt.

“The union of heaven and earth is the origin of the whole of nature.” I Ching

It is for this reason I felt driven to add to The AHHCA Newsletter this particular article “A Special Horse That Changed My Views of Horseracing Forever!!” that has circulated Worldwide and is in the ‘Response to International Equine Welfare Links’ (www.australianhorserescue.com). I had even courageously forwarded

it to all the Horseracing Associations and Organizations, to the Government and Many Worldwide. My Hope that just maybe if I could somehow reach as many as I could, just maybe it might change how we treat animals, as we have done so with ourselves, Life, and all of Nature; Our Planet for so long.

“The highest reward for man's toil is not what he gets for it, but what he becomes by it.”

-John Ruskin 1819-1900

We have come so far to discover so much about the Truth of who we are and what Truth means, what True Existence stands for these days. So much has changed on Earth. A Massive Shift has surely occurred that it has become too obvious. This Massive Awakening has seeped throughout the Whole of the Planet.

Suddenly we are learning so much more about the Value of True Life. The scope of Life on Earth revealed

to us on a Profound level Indescribable.

We are Powerful Souls!!!!!! We CAN Create Anything that we set our minds to. We ARE Important and OUR Desires, Dreams and Hopes for the Highest Good of Life DO count, they DO have Meaning and Substance, and DO present a VALUABLE Attribute on Earth. This is the True Intention of Awakening on Earth.

To be continued ...

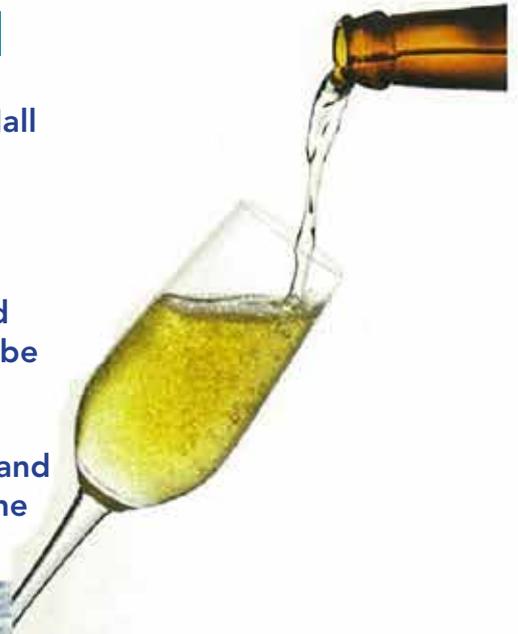
Look what we can make from our local MINERAL WATER

Daylesford/Hepburn Springs Winter Mineral Water Festival

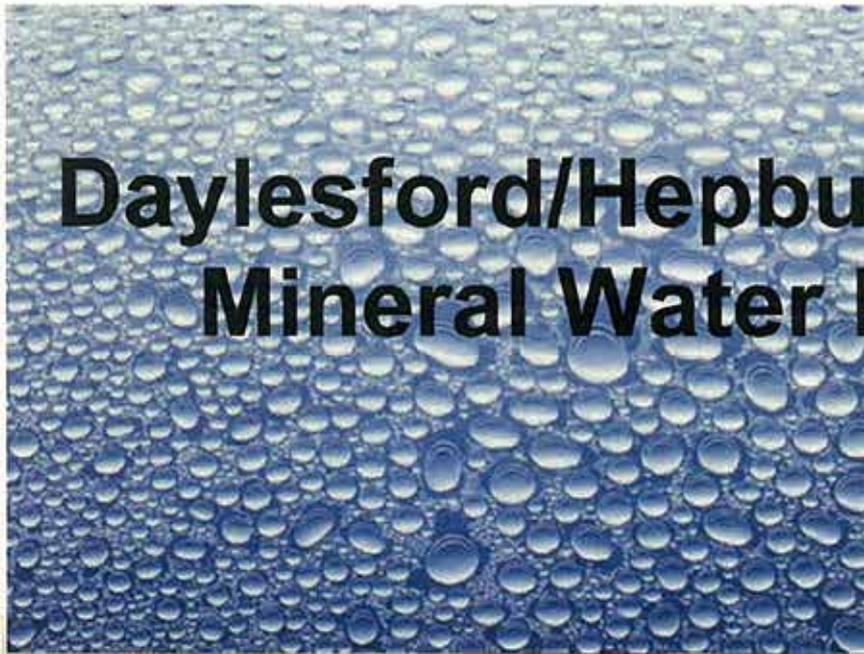
Our Winter Festival will be held at the Daylesford Town Hall
over the Queens Birthday long Weekend -
7, 8 and 9 June 2014

Heartwarming delectables like Mayan Hot Chocolate,
Brewed Coffee and Organic Australian Herb Tea..... and
body warming food like risotto, dumplings and more will be
offered.

Our minds are still buzzing with new ideas for the festival and
entertainment for the children.... more will evolve over the
next few months!



Daylesford/Hepburn Springs Mineral Water Festival



May Birthdays

Happy birthday to the following members

Emmanuella Goldenlight, Helen O keefe, Jeanette Olszanski, Serah Ong,
Dagmar Peyrac, Tracey Lakainapali, Jacqui Revell, Barbara Shipley,
Rosemary Wright, Karen Alen, Tina Bloemer, Denise Coote

Group Supervision 2014 - Sunshine Coast

May 30th	Venue: Trinity Healing Centre
Jun 27th	18 Columbia Street, Sippy Downs 4556
Jul 25th	Phone: 54768122
Aug 29th	Details: Friday nights 7.00pm to 9.00pm
Sep 26th	Minimum of '3 confirmed participants' for each evening to run.
Oct 31st	Investment: \$40.00
Nov 28th	Please confirm if you are attending 'at least 3 days before each meeting.

Supporting



www.doctorhealernetworkaustralia.com
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Professional Development provider



www.mentalhealthacademy.com.au

AFFILIATED MEMBER



*The committee would like your support
We would like to get our organisation noticed by a lot more
people, you can help us by displaying our logo on your website.
Please contact the office for a copy of our logo*

Networking

The committee feels it is important for all our members to support likeminded organisations conferences; it's a great way to learn new things, gain professional development hours and meet new people.

Conferences

Australian integrated medical association
22-24 August 2014
Sydney

Healing through action - 3 day program
Date: October 24-26, 2014
Venue: Riverglenn Conference Centre
Indooroopilly, (Brisbane) Queensland

Website links



www.heartsinhealthcare.com

Australian Industry Training Association
www.aitd.com.au

Australian Hypnotherapy Association
www.ahahypnotherapy.org.au

Walter Last
www.heal-yourself.com.au

Strauss heart drops
www.straussheartdrops.com

National federation of healers
jenny@nfh.org.au

Magnetic Healers Unlimited
www.magnetichealers.org.nz
kathyaauric@actrix.co.nz

Cancer support organisation
www.ucansurvive.org

White Eagle Healing Centre
www.whiteeaglelodge.org.au

Australia Counselling association
<http://www.theaca.net.au/>

Print - Signs - Designs
Enquire @
www.caledoniancolour.com

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Finally thought for the month *“Winners make a habit of manufacturing their own positive expectations in advance of the event.”*

Tim Fraser President and Editor

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