

Storm Lily *zephyranthes morrisclintae*

Negative: shock, trauma, emergencies, after-effects of rape or violence. For childhood tantrums and distress.

Positive: restores calm, brings balance, cleanses and reclaims. Resolves shock. Settles a child.

Swamp Lily *crinum pendunculatum*

Negative: tiredness and exhaustion, weighed down by responsibility, wants to escape, feels like a servant, dried up and depressed.

Positive: secures the foetus, re-moisturises and re-energises, strengthens commitment, nurtures the self, for endurance and calm.

Verbena *verbena rigida*

Negative: despondency, shyness in connecting with others, loner attitude, exhausted carer, loneliness in the aged and superwomen mentality.

Positive: promotes cooperation and networking, builds confidence through reaching out to others.

White Wandering Jew *tradescantia fluminesis*

Negative: melancholy, despondency and despair, lack of faith, jetlag, fear of death and ageing, fear of the dark, sleeplessness and spiritual void.

Positive: eases dying, assists with channelling, renews trust, lightens fear, balances and deepens spirituality.

Wild Iris *dietes iridioides*

Negative: fear of childbirth, denial of the feminine, fear of infertility, for corporate

women, for feeling unbalanced and for lack of confidence as a woman.

Positive: confidence, body love, supports natural conception, balances the body, enhances mothering and encourages expression of the feminine.

BLENDS

Crisis Calm

This blend is for use in all trauma, emergency or crisis situations, whether emotional, psychological or physical.

Vital Energy

This blend assists with energy loss and tiredness, and helps to focus on a task that needs to be done.

Woman Worth

This blend helps one to act confidently and assuredly in all situations, and to feel in charge.

Body Love

This blend balances female hormones and encourages acceptance and love of the body.



Spirit of Woman

Australian Flower Essences

PO Box 215, Mt Nebo, 4520,

www.spiritofwomanessences.com



Alphabetical List of Essences

Healing Challenges and Outcomes

Acacia Purpurea *acacia baileyiana*

Negative: vulnerability, anxiety, over-influenced, need to isolate oneself, irrational fear, and psychic attack.

Positive: sense of safety, feeling comfortable with others, appropriate connection, trust

Ajuga *ajuga australis*

Negative: feels under duress, insecure, indecisive, having bizarre thoughts or feelings of being possessed

Positive: Feels protected, trusting, promotes discernment, feels capable and safe.

Black Nightshade *solanum nigrum*

Negative: breastfeeding difficulties, mother-child conflict, poor body image, tiredness and discomfort with being a female.

Positive: self-worth, love of body and self as a woman, supports digestion and mother-child connection.

Bleeding Heart *omalanthus populifolius*

Negative: sadness and loss, hurt and pain of lost love, for the closed heart and co-dependency

Positive: helps to let go, comforts hurt and pain, opens the heart and encourages risk-taking.

Blue Mink *ageratum houstonianum*

Negative: stress, feeling pressured or threatened, aversion to touch,

pain from a past relationship, all skin diseases

Positive: de-stresses, softens. Restores connection, heals hurt and soothes the skin.

Cassia *cassia corymbosa*

Negative: for feeling lost or incomplete, a victim, for soul depression, feeling trapped, feeling dull and uninspired and for addictions.

Positive: for self-empowerment, faith in oneself, new vision, clarity self-healing. Strengthens the will.

Commelina *commelina diffusa*

Negative: for negative expression, critical self-talk, malicious gossip, fear of psychic attack, blocked creativity.

Positive: integrity in speech, aids communication unblocks frozen expression.

Cordylone *cordylone stricta*

Negative: fear, co-dependency, issues with the father, sexism, balancing male and female within

Positive: trust in one's inner strength, acceptance of being female, heals relationship with the father, balances.

Dandelion *taraxacum officinale*

Negative: overwhelm, dissociated states, racing thoughts, scattered and unfocused, mind won't shut down, tired.

Positive: grounds and centres, clarifies thoughts, aids focus, re-energises, calms.

Freckle Face *hypoestes sanguinolenta*

Negative: communication difficulties, shrill words, frustration, feeling criticised, parent/child conflict.

Positive: for safety in expression, for speaking kindly, speaking truth, joy in silence.

Lacebark *brachychiton discolor*

Negative: unattractive and sexually 'washed up', depression and empty nest syndrome, fear of ageing, feeling useless and hearing difficulties.

Positive: joy in sexuality, confidence in passing on wisdom, assists hearing, dancing to life's rhythm.

Lantana *lantana camara*

Negative: guilt, worry, over-nurturing, smother-mother love, masking one's feelings, and muddle-headedness.

Positive: emotional freedom, faith, calm self-assurance, and clarifies personal boundaries. Clears substance abuse patterns.

Lomandra *lomandra filiformis*

Negative: jealousy, white rage, resentment, anger gone cold, holding grudges and controlling patterns.

Positive: forgiveness, co-operation, assertion, flexibility and tolerance. Brings back the sweetness in life.

Macaranga *macaranga tanarius*

Negative: relationship anxiety, confusing service with love, loving too much, over-sensitivity.

Positive: builds self-worth, balances loving, brings inner strength.

Milkweed *asclepias curassavica*

Negative: for the difficult child, manipulative behaviour, learning difficulties, over-dependent child, the bullying and fearful child.

Positive: develops individuality, encourages sensitivity, improves a child's self-confidence. Activates humour

Morning Glory *ipomoea leari*

Negative: speaking one's truth, timidity and shyness, difficulty in confronting others, for outshining others, creative blocks and dominating parents.

Positive: for letting your star shine, empowering, opens creative channels to sing and heal.

Native Hibiscus *hibiscus heterophyllus*

Negative: emotional and physical pain, victims of abuse, sadness and guilt of abortion or miscarriage and unwanted pregnancy

Positive: grants courage, lightens grief and guilt, eases period pain.

Pink Shamrock *oxalis debilis*

Negative: adolescence problems, child who won't grow up, teething problems, child behaviour problems, alienation and rejection, hereditary disease patterns.

Positive: smoothes transition from childhood to adulthood, belonging, self-identity and clears hereditary disease patterns.

Red Kamala *malotis phillipensis*

Negative: frigidity, sexual guilt, shame and fear, loss of interest in sex, stiffness and inflexibility.

Positive: Wild Woman essence, encourages sexual freedom, renews interest in sex, assists flexibility, eases back pain, inspires creativity.

Snail Vine *phaseolus caracalla*

Negative: infertility, frustration with IVF, frigidity and impotence, confusion over sexual preference, sexual timidity

Positive: Stimulates fertility in females and males, clears sexual preference confusion, strengthens ovaries and sperm production

Silver Wattle *acacia podalyriifolia*

Negative: depression, despair and pessimism, SAD syndrome, struggle and poverty mentality, for prophets of doom.

Positive: renewal, rebirth and emergence, restores hope, brings optimism, encourages environmental concern.