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Bush Flower Essences

Flower remedies use the vibrational energy of flowers to act primarily on the emotional aspects of healing. Many years ago the Bach flower remedies were developed by Dr Bach from the plants of his native Europe.

Whilst the Bach flower remedies are very effective, I believe people and animals respond best to the energy of the plants and flowers that grow naturally in the country they live in and therefore I use the Australian Bush Flower Essences in my practice.

Dosage for humans is normally 7 drops under the tongue, twice daily (first thing in the morning and last thing at night). Animals can be given drops by mouth or the remedies can be added to drinking water or even rubbed on the soles of the feet or skin of the inner ear if dosing by mouth is impractical or too stressful.

Individual remedies can be combined to provide a balanced remedy that matches the symptom profile of the person or animal.

An example of the action of flower remedies is Waratah which is used for black despair, hopelessness and inability to respond in a crisis. Waratah gives courage, faith, an ability to hold on and increases survival skills.

A popular Australian Bush Flower Essence remedy is Emergency Essence—a combination of remedies, including Waratah, which can be used in a wide range of situations of stress and trauma.

- Carole Bryant ©