

Australian Bush Flower Essences

by Ian White

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Using the finger mode system introduced by Dr. Bruce Dewe (PHP 2), flower essences are number 12 on the emotional or ring finger. During this paper I will demonstrate ways in which flower essences can be of great assistance to kinesiologists.

A little background information about the Bush Essences...

The Australian Bush Essences are a powerful system of healing that act as catalyst in helping an individual resolve emotional and physical traumas as well as their negative beliefs and attitudes. The Bush Essences integrate the hemispheres of the brain, bring about mental clarity, and balance the body - literally.

The Bush Essences carry on a very long tradition of healing using flower essences. Ancient records show that the Egyptians used them thousands of years ago, more recently the Australian aborigines have also used flowers to heal emotional imbalances. They used to eat the flowers in a symbolic ritual in order to heal emotional imbalances as well as placing the person amongst the particular flowers to gain the same effect.

The earliest European record dates back to Paracelsus in the 15th century who used to make remedies from the dew of flowers in order to treat his patient's emotional imbalances. More recently during the last fifty years there has been the upsurge in familiarity in flower essences due to the work of their modern founder, the late Dr. Edward Bach (1886-1936).

During my early years of practice as a naturopath, I used the English flower essences with good results. Yet my mind would often go back to the times of being in the bush with my grandmother, a herbalist who used many native plants, and I was that convinced that some of the Australian plants would also contain unique properties. For certainly, as I had learned from my grand-

mother, there is a tremendous strength and healing power in the Australian bush.

What has followed, over a number of years, has been the discovery and collection of fifty essences from all over Australia by my wife Kristin and myself. We have become aware that these new essences cover issues relevant to the needs of society today in the 1990's, namely those of spirituality, creativity, learning abilities, communication, and sexuality.

There is also at this point in time a very strong healing energy in Australia coupled with a very powerful wise energy in this land, both of which seem to be manifesting now in the Australian plants and flowers. Also, Australia is relatively free of nuclear and chemical pollution.

The Bush Essences are perfectly safe, nonaddictive, and without side effects. They can be used not only by adults, but also by children and animals with wonderful results. The beauty of flower essences is that you do not need years of medical training to be able to prescribe them. As they are based on emotional states anybody can use them. All that is necessary is merely a basic understanding of human nature; to be able to recognize when someone is experiencing fear, anger, frustration etc. However when combined with kinesiological skills their potential is astonishing and readily measured.

Workshop

1. Test for dehydration - i.e. Pull hair while testing indicator muscle (IM). If weak, test if able to assimilate normal water. If NO, then test for water with 7 drops of She Oak. She Oak rehydrates.
2. Clear any overwhelm - think of all the information occurring in the Conference and test IM. If in overwhelm the IM will test weak. If so give 7 drops of Paw Paw and retest it should now test positive.

3. To clear over energy use Sundew.

Using Dog Rose for Phobias

1. Test that your partner has a phobia, i.e. Muscle test several fears, e.g. "I have a fear of ... "crocodiles", "rejection", "childbirth", etc. stop testing after finding one fear.

2. Have the testee state, "I am now ready to let go of that fear". If a strong IM, go to step 4; if weak IM, go to step 3.

3. Have the person take a dose of 5 Corners and say 3-4 times while tapping the fleshy side/part of the hand between the wrist and the little finger, "Even though I am not ready to release this fear I deeply and profoundly love and accept myself". Then retest the earlier statement, "I am now ready to let go of that fear". If the response is now positive go to step 4; if it is still not positive, repeat step 3 once again.

4. Give the testee 7 drops of Dog Rose and hold their ESR points on the forehead while they are thinking of the worst aspect of their particular fear. Keep holding the ESR points until either:

a. 5 minutes is up, or

b. the testee states that they can no longer think of the fear, or that the images of the fear have faded.

5. Retest for the fear, "I have a fear of ...". If the response is negative, go to step 6. If the response is positive, repeat ESR and image once more.

6. Test to see if the Dog Rose needs to be continued after this process and, if so, for how long. Test if any other reinforcement is necessary - e.g. affirmations, visualisations, etc.

7. Have the person finish by visualize themselves successfully confronting their original phobia.

Endocrine Glands:

For each endocrine gland in the body there is a corresponding Bush Essence that will balance it.

1. Pituitary	Yellow Cowslip Orchid
2. Pineal	Bush Iris
3. Hypothalamus	Bush Fuchsia
4. Thyroid	Old Man Banksia
5. Thymus	Illawarra Flame Tree
6. Pancreas	Peach Flowered Tea Tree
7. Adrenals	Macrocarpa
8. Ovaries	She Oak
9. Testes	Flannel Flower

To test the endocrine gland circuit locate (CL) the corresponding Test Point (TP), i.e. put 2 fingers on the gland's TP. If any gland test weak, retest while the testee holds the corresponding Essence against the body. E.g. if the thyroid is weak then have them hold Old Man Banksia and retest.

N. B. Do not take any Essence at this point, unless there is only one gland down. The endocrine system is similar to a symphony. If one gland is out, then all the others are affected. Also there is usually one key gland that if balanced will balance all the other endocrine glands.

To find that key gland if there is more than one gland testing weak, use the Schmidt test, which is as follows:

1. CL a weak gland's TP, e.g. thyroid while the tester sequentially tests the other weak glands. Stop if there is an IM change. If, for example, the thyroid now tests strong while also CLing the adrenals, this indicates that by correcting the adrenals you will also correct the thyroid. If the thyroid tested weak while also CLing the adrenals, this simply indicates that the adrenals are not causing the weakening in the thyroid.

2. i. If no other gland is affecting the thyroid simply balance it with the appropriate Essence. This is an unusual outcome.

OR

ii. If the adrenals correct the thyroid, then hold the adrenal TP and CL any other weak gland to see if one of these will correct the adrenals. If not, then hold the Essence that balances the adrenals, usually Macrocarpa, and test the other weak

endocrine glands. They should now all test strong. The adrenals being the key gland.

If the adrenals tested strong while holding the thymus TP, then repeat the same pattern that you have just done for the thymus.

3. When you have the key gland, balance it by taking the appropriate Bush Flower Essence.

Correction with Crowea:

Test the basic 14 TFH muscles, then give 7 drops of Crowea and retest. Crowea balances the muscles of the body.