

Balancing the Endocrine System and their Related Emotions using the Australian Bush Flower Essences

by Ian White

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

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 whilst the Australian aborigines have also used flowers to heal emotional imbalances. *They used to eat the flowers in a symbolic ritual as well as placing the person amongst the particular flower 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 in the last fifty years there has been an upsurge in familiarity with flower essences due to the work of their modern founder, the late Dr. Edward Bach (1886-1936).

Endocrine Glands

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

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

To test the endocrine gland circuit locate (CL) and the corresponding Test Point (TP), ie. put two fingers on the gland.

If any gland test weak, retest while the testee holds the corresponding Essence against the body, eg. if the Thyroid is weak, then hold the Old Man Banksia and retest. NB don't take any Essence at this point, unless there is only one gland down. The Endocrine System is similar to a symphony - if one is out then all the others are affected. Also, there is usually one key gland which, if corrected, will balance the whole Endocrine system. If there is more than one gland testing weak, use the Schmidt test to determine that key gland. This test is as follows:

1. CL a weak gland TP whilst the tester sequentially test the other weak glands. Stop if there is an IM change. If, for example, the thyroid 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 aren't 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 then CL any other weak gland to see if it will correct the adrenals - usually Macrocarpa - then test the other weak endocrine glands. They should now all test strong. The adrenals being the key gland. If the adrenals tested strong whilst 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.

The beauty of the Bush Flower Essences is that they are a totally safe, non-addictive and simple and yet a very effective, inexpensive system of healing that works in harmony with Kinesiology and is a very valuable tool.

In practice, seven drops of the essence is prescribed on rising and retiring and it is usually best if either a single remedy or remedies addressing the one theme are taken at one time. The usual duration for taking the remedy is two weeks.

On the finger modes when Bush Essence comes up, one dose is usually sufficient to clear the problem although again one merely needs to test to find out how long to take the remedy for.