

## **Banksia Robur**

Banksia Robur is commonly known as Swamp Banksia as it is usually found by creek banks. This Essence addresses temporary loss of drive and enthusiasm due to burn out, disappointment or frustration. It is different to Old Man Banksia as it is for people who are normally very dynamic. It will pick them up out of the 'bog' they are in and get them back on solid ground and going again. When bathing add seven drops of this Essence to the bath which will enhance the effects of the remedy as it will assist in washing away negativity.

### **Negative Condition:**

- disheartened
- lethargic
- frustrated

### **Positive Outcome:**

- enjoyment of life
- enthusiasm
- interest in life



### **Preparation of Dosage Bottles**

Place seven (7) drops of Stock Essence into a 15ml to 30ml dropper bottle filled with 1/3 brandy and 2/3 purified water.

### **Preparation of Combination Essences**

Place seven (7) drops of each Stock Essence into a 15ml to 30ml dropper bottle filled with 1/3 brandy and 2/3 purified water.