

# Brachycome

(*Multifida dilitata*)

## The Sweetness of Appreciation

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### Healing Nature

The essence of enjoying people for their uniqueness. To encourage respect and appreciation for people and their intrinsic value. For when intellectual criticism needs to be transformed into acceptance of others, their individual and differing expressions. Allows a sweetness and openness to come into interactions with others rather than judgmental attitudes.

### Spiritual Qualities

Our expanding consciousness can make the mind strong and able to make clear discernments. However when relating to people a basic respect for each Soul and its journey is a solid premise for positive exchanges. Being able to do mental gymnastics is not a sign of expanded consciousness, just as not being intellectually eloquent is not a sign that a person hasn't developed their mind or their spiritual being. Arrogance can lead to spiritual inertia. If we believe we are better than anyone else we live in a self made illusion.

#### Positive Qualities – Key Words:

tolerance, impartial, kindness, humility, appreciation

#### Problem Target – Key Words:

critical, judgemental, arrogant, superiority complex

#### FLOWER ESSENCE AFFIRMATION

Listening to the heart of another it is easy to understand, To feel how life has touched them and left a silken impression on their being, intimate and unique.

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### Mental/Emotional Health

#### Oral Dosage of Flower Essences (for mental/emotional wellbeing)

Information on prescribing and preparing oral doses.

- Helpful for bridging communication and mutual respect problems in relationships.
- For feelings of intellectual superiority.
- To deal with the mind that is habituated in dissecting people and their ideas and find flaws, rather than keeping a positive outlook which discriminates and weighs ideas up without a negative slant.
- Also for the mentality which makes hasty judgements of people as fools, or weak minded because these people are not able to “cross swords” as equals with them intellectually.

#### Topical Applications of Flower Essences

(for mental/emotional wellbeing)

Information on prescribing and applying essences topically.

Intellectual arrogance.

Forehead acu-point on the ear.

Convinced about the correctness of one's ideas or knowledge. Feeling correct about one's conceptualisation of the trend things should take or the way things should be.

Lung acu-point on the ear.

(use with Yellow Leshenaultia) (see also White Eremophila)