

Brown Boronia

(Boronia megastigma)

The Release of Thought

Healing Nature

The essence of freeing the mind. To inspire the realisation that the journey of Life will bring solutions, one needs patience and acceptance of the “here and now”. To relieve the worried mind so it does not miss out on opportunities for Joy in the present.

Spiritual Qualities

One of the illusions of Life is that only by doing something can a problem be solved. We are sure we must think or work harder or faster to get relief. Very often a problem is an opportunity to understand something on a deeper level. By absorbing the lessons of a problem and reflecting on what our reactions tell us about ourselves we can make great progress and ensure the same problems/lessons don't continually recur in our lives.

Positive Qualities – Key Words:

free, release, patience, acceptance

Problem Target – Key Words:

worry, anxiety, sleeplessness, obsessive

FLOWER ESSENCE AFFIRMATION

From the small thought my mind is transforming into the Great – the All Possible.
The blades of grass the stars and I are all as they should be.

Mental/Emotional Health

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

Information on prescribing and preparing oral doses.

- For the mind gripped by morbid, anxious or unpleasant thought. Such thoughts can be part of depressed emotional states and mental confusion.
- For anxiety that increases in chaotic environments.
- For a person whose thought is circular, there is no immediate solution, and yet the mind will not leave it alone. The thought increases because of the energy being put into it and the problem seems to become worse.

Topical Applications of Flower Essences

(for mental/emotional wellbeing)

Information on prescribing and applying essences topically.

Mental confusion, too much to do. Worried and anxious, chaotic environment.

Kidney acu-point on the ear