

Cowkicks

(*Stylidium schoenoides*)

The Restoring

Healing Nature

The essence of recovery from trauma. To help rebuild and re-thread the subtle and physical bodies after a shattering experience, mentally and/or physically, thereby energising them. To integrate such experiences into one's understanding and perspective on Life in a wise way and move forward with renewed vigour.

Spiritual Qualities

Some of the hardest lessons we learn are the ones confronting us because of betrayal by a person we care about or are vulnerable to. It is a test of our ability to keep the greater vision of the purpose and higher goals of our Soul while facing the events our personality is grappling with. To bring in the Light and allow our Soul to lead the way heals the personality and reasserts our direction, freeing us from the darkness of negativity and hurtful deeds.

Positive Qualities – Key Words:

re-energise, rebuild, vigour

Problem Target – Key Words:

shattered, tired, exhaustion, trauma

FLOWER ESSENCE AFFIRMATION

My inner light guides me through the pathway of my Life Whole and at one I raise my eyes to see all and understand where and how to place each foot forward.

Mental/Emotional Health

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

Information on prescribing and preparing oral doses.

- Used in cases where a person has experienced a sudden reversal of fortune. The person has often not made provision for such events, and is therefore not prepared mentally to adapt and deal with the situation. Such people find it hard to rebuild their life and feel hopeless, becoming a victim of circumstance.

Topical Applications of Flower Essences

(for mental/emotional wellbeing)

Information on prescribing and applying essences topically.

Inability to recover emotionally from shock and trauma.

Heart acu-point on the ear.

(see also Pink Fountain Triggerplant, Purple Enamel Orchid, Reed Triggerplant)

Insomnia, dream disturbed sleep, feeling of falling apart, unable to cope.

Shenmen acu-point on the ear.