

Dampiera

(*Dampiera linearis*)

The Freedom of Letting Go

Healing Nature

The flower essence to assist in being open to the many streams of happiness and fulfilment, to be enriched by being flexible. The essence of letting go and allowing Life to flow. Helpful in times of change, grief and reconciliation, to allow the old day to go and the new day to be embraced with flexibility.

Spiritual Qualities

When we hold on to rigid concepts of what we think is going to be right or what will make us happy we hamper our own evolution and with it the happiness of others. With an open mind we can look at many options and even try out new avenues of joy. When we explore our Life openly we learn what true depth of happiness is. Also we develop the wisdom and understanding to manifest it in our world.

Positive Qualities – Key Words:

flexibility, open, co-operative, letting go

Problem Target – Key Words:

rigidity, suppressive serious, uptight

FLOWER ESSENCE AFFIRMATION

When the bindings of my own mind trapped the flow of joy You opened me up to the freedom of seeing the potential of happiness in every opportunity.

Mental/Emotional Health

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

Information on prescribing and preparing oral doses.

- For problems of general stress, inflexibility, not being able to adapt to new situations, stress and tension through wanting things a certain way and no other.
- For parting trauma such as grief, separation, divorce.
- For those who are unco-operative unless things are done their way.
- For issues of holding on and rigidity of mind and body.
- For releasing the need that Life and people should conform to only one perspective for you to be satisfied, comfortable or happy.

Physical Health

Topical Applications of Flower Essences

(for mental/emotional wellbeing)

Information on prescribing and applying essences topically.

Used for hard, tight muscles directly on area. Used direct to back of neck and shoulders to

relieve tension in these areas. Is part of the formula for flower essence Accident Relief Cream.

For hard, tight muscles on the muscles adjacent to spine and neck.

Spinal acu-point on the ear.

(see also Purple Flag Flower, Leafless Orchid, Menzies Banksia, Macrozamia)