

# Macrozamia

(*Macrozamia reidleyi*)

## The Balance of the Yin and Yang

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### Healing Nature

The essence to restore equilibrium to the sex/water chakra. To free the mind from masculine and feminine stereotypes and dogma. The union of Love between the male and female. For healing and restoring the balance to all aspects of female/male, Yin/Yang energy flows. To release blockages to these primal and vital flows. Also helpful in physical manifestations of these blockages such as restoring balance to the water element in the body as this essence basically re-harmonises the sex/water chakra and related glands.

### Spiritual Qualities

Each person has the forces of masculine and feminine within themselves. Each person is a symbol of the two great attracting opposites of Life. Two important lessons for human beings are; firstly that they must harmonise these forces within themselves and secondly they must harmonize the forces between the two sexes of human beings who share the planet. It is a great challenge to unify opposites, to see the complementary nature they hold for each other, to remember that it is only when harmony and a loving union exists that happiness is possible. For spiritual liberation the higher union of Love between these two aspects within ourselves has to be achieved.

#### Positive Qualities – Key Words:

balance, equilibrium, release, sexual wholeness, Love union

#### Problem Target – Key Words:

blocked, stereotyped, sexual problems, negative images

#### FLOWER ESSENCE AFFIRMATION

My being is at one. I receive my inner man and woman my brother and sister. Together they embrace to fathom the mysteries of Life.

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### Mental/Emotional Health

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

Information on prescribing and preparing oral doses.

- Negative sexual imbalance can come about due to many influences. Unhealthy imagery of sexuality as a child, lack of healthy sexual definition from parents (who were undeveloped themselves), sexual trauma or distasteful experiences from childhood, early teens, or at any time in a person's life. This may lead to a freezing up, a desert or a flood tide of sexual expression.
- People may react to the inner imbalance by focusing on sexuality out of proportion to other needs of their being, or by continually attracting the wrong sort of person to them, and thus perpetuate the negative emphasis in their minds. Self esteem and being able to trust anyone will suffer as a consequence.
- A different direction for the unbalanced focus and negative development to take is brought about by the effect of rejection of strong sexual advances which leads to cruel and dominating behaviour.
- For those who feel a sense of worthlessness because they do not feel complete in themselves.

- For those with sexual problems such as frigidity and impotency.
- For those with sexual inhibitions, or who find it hard to be open emotionally or sexually.

**Topical Applications of Flower Essences**

(for mental/emotional wellbeing)

Information on prescribing and applying essences topically.

Desire for isolation, aversion to people.

Uterus (Seminal vesicle) acu-point on the ear.

Confrontational, quick to respond in an aggressive manner to anything that seems threatening.

Adrenal acu-point on the ear.