

Menzies Banksia

(*Banksia menziesii*)

To Live Again

Healing Nature

The essence of rebirth, of looking forward to tomorrow's experiences. To open to the strength of Joy which pain cannot touch. To move on through and past pain without fear and expectation of repetitions, without closing doors to Life. Especially in the realms of human relations, this fear and hesitation blocks joyful new beginnings. This essence encourages regeneration, renewal and courage, using painful experiences as an opportunity for greater depth and a source of determination to move forward.

Spiritual Qualities

The purpose of pain can be seen as a lesson, but for many it is a brick wall, a halt in their development as a human being. To use the holocaust as a means of regeneration and renewal is to conquer all negativity and claim the fearlessness and Joy within you as your birthright. The past then is truly past.

Positive Qualities – Key Words:

freeing, joyousness, healing, courage, regeneration

Problem Target – Key Words:

fear, trepidation, hesitation, pessimism, blocked

FLOWER ESSENCE AFFIRMATION

The fire has been through me, and into the ash I throw the seeds for a new day. I am reborn from every branch I send out new shoots and buds to grow and blossom.

Mental/Emotional Health

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

Information on prescribing and preparing oral doses.

- Painful experiences can form a barrier to future good experiences. If the painful experience is not healed then part of the person is caught in a time warp where that pain always exists. Every experience is then only seen through the distorted lens of the past. This means that one hurtful relationship will generate suspicion that hurt will come from every other relationship, that after a betrayal the person is distrustful of others. Being caught in this script blocks out new opportunities for happiness.
- For the person caught up in their pain and not able to see beyond it.
- For those trying to transcend pain.