

One Sided Bottlebrush

(Calothamnus myrticae)

Healing Nature

The essence of being in touch with the people around you, of being able to be aware and encouraging. For those who are feeling unsupported and overwhelmed, to help them re-focus on the contribution others are making, then sensitivity to other's problems and burdens is born. This awareness and empathy can serve to improve everyone's situation.

Spiritual Qualities

When we come from a personal perspective only, we miss the "big picture" of Life. All people are engaged in the processes of growth, challenge and the attaining of wisdom. To honour what other people are experiencing, and acknowledge their difficulties, means we can better assess what we are facing, and see what part we can play in the collective.

Positive Qualities – Key Words:

awareness, in touch, appreciation, perspective

Problem Target – Key Words:

complaining, burdened, isolated

FLOWER ESSENCE AFFIRMATION

In the reflection of my day I see the lives of others. Some struggling, some flying, some watching, some doing. Empathy opens my eyes to the paths of other's lives.

Mental/Emotional Health

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

Information on prescribing and preparing oral doses.

- For those feeling they are unfairly carrying everyone's workload on their own shoulders, such as people in leadership positions or situations such as being a single parent or self employed. They feel they are swamped by the demands of their Life and lose perspective about how Life is for everyone else.
- For those feeling isolated due to what they perceive as lack of support from others.

THE HEALING

is to get back to a state of sensitivity towards others, regardless of one's own load. Invariably the perspective then becomes balanced and more opportunities open up for sharing responsibilities or being mutually supportive