

Purple Eremophila

(*Eremophila scoparia*)

Serenity

Healing Nature

The essence to gain and maintain serene objectivity amidst very personal issues of the heart that threaten to imbalance you. To feel calm and open to others when problems arise. This essence encourages objectivity without compromising richness of feeling and sensitivity towards loved ones, and is helpful in times of relationship upsets.

Spiritual Qualities

It is an achievement to be in touch with the world of feeling and still have the clarity of mind to perceive the intricacies involved in human relationships. Our emotional states can colour everything we see, can hide the Truth from us. The mist of emotions creep in and tug at our insides. We then find it hard to know if our reactions are our own or triggered by someone else's emotions. To clam up tight in an effort to keep other's emotions outside will not sort out the problem, neither will immersing oneself in the sea of feelings. The way through is to be serene in the mind, aware and open to what others are going through. When someone sees beyond and through the mist, is able to see everything that has been hidden or which is not obvious, responding calmly and objectively, everyone has a chance of making it to the other side.

Positive Qualities – Key Words:

calm, diplomatic, balanced, settled

Problem Target – Key Words:

emotional messes, confusion, hopeless

FLOWER ESSENCE AFFIRMATION

The wind is blowing all around everything is moving. I am the sweet scent that comes to all refreshing and serene bringing solutions and peace.

Mental/Emotional Health

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

Information on prescribing and preparing oral doses.

- For those who feel that human relations are a jungle full of unseen dangers and entanglements.
- For people who become caught up in emotional storms in relationships and can not see what is really happening.
- For those who prefer to cruise along, and conveniently ignore the intricacies of Life. This attitude leaves these people susceptible to not seeing things in perspective.
- For those wishing to come from a wiser space when dealing with knotty emotional problems.

Topical Applications of Flower Essences

(for mental/emotional wellbeing)

Information on prescribing and applying essences topically.

Looking for support from others, failing in one's own endeavours because there is no support from others.

Feeling let down.

Small intestine acu-point on the ear.