

Reed Triggerplant

(*Stylidium junceum*)

The Rejuvenation

Healing Nature

The essence to recharge after a long struggle. To bring back the feeling of wholeness of being where one's integral self is restored. To heal and then integrate and revitalise the parts of the mind and body that feel worn down. To restore inner strength, unify the mind and regain the ability to withstand the rigours of one's Life.

Spiritual Qualities

Resilience is a feature of human beings. One can always be amazed at what amount of adversity we can experience, and be devastated by, and yet still hold on to Life. A long and continual battle of this nature can only be survived with the continual healing of the inner Self and its very vitality. We must also face the reason why these events are repeated, and what is the lesson we are not learning thereby prolonging our agony.

Positive Qualities – Key Words:

rejuvenate, restore, withstand, revitalise, recover

Problem Target – Key Words:

struggle, exhausted, worn down, depleted, not coping

FLOWER ESSENCE AFFIRMATION

Standing beneath the fountain splashed in sunlight bathed till I am new refreshed and free.
Every part of me alive.

Mental/Emotional Health

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

Information on prescribing and preparing oral doses.

- For the person who has never recovered their strength after an accumulation of hardships.
- For feelings of anxiety, losing one's memory, feelings of instability. Being unable to cope with Life in general.
- For situations when a person, with the accumulation of all the experiences of Life which were bruising, hurtful or traumatic, feels unstable and unable to cope. They become more and more fragile and anxious about their Life situation. A person who has lost connection to many parts of their being due to hurt or trauma will find it more and more difficult to function as time goes on. Even after an immediate trauma they can feel disjointed and almost out of touch with reality. They may not realise that it is the build-up effect that is really devastating them now.

Topical Applications of Flower Essences

(for mental/emotional wellbeing)

Information on prescribing and applying essences topically.

Insomnia, dream disturbed sleep, feeling of falling apart, unable to cope.

Shenmen acu-point on the ear.

Oversensitive, inability to stand up for oneself, weakness.

Gall Bladder /Pancreas acu-point on the ear.