

# Snakebush

(*Hemiandra pungens*)

## The Simplicity of Love

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### Healing Nature

The essence of giving simple, deep and fulfilling Love. To encourage Self appreciation and an attitude in giving to others which brings about an emotional independence and contentment. Feelings of being needy subside and are transformed into caring from a Self assured centre.

### Spiritual Qualities

To give Love where it is not valued or nurtured is throwing away the treasures of the heart. It does no one good and in fact can keep a relationship between people unhealthy. Wisdom in giving Love creates more Love and a better world.

#### Positive Qualities – Key Words:

fulfilled, inner contentment, independent, Self Love

#### Problem Target – Key Words:

needy, hurt, bitterness, submissive, demanding

#### FLOWER ESSENCE AFFIRMATION

Giving and seeing a heart filled with Joy illumines us all and creates a gift of lasting beauty.

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### Mental/Emotional Health

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

Information on prescribing and preparing oral doses.

- For those disillusioned by the lack of appreciation from others who they have loved.
- For those who are motivated to Love someone by their need to be loved, not by the individual qualities of the person they are attached to.
- For those who keep giving to those who don't appreciate them.
- For attachments to people based on a needy emotional imbalance.
- For feelings of bitterness from not understanding why relationships go wrong.
- For those who tend to be the submissive yet demanding partner in a relationship.