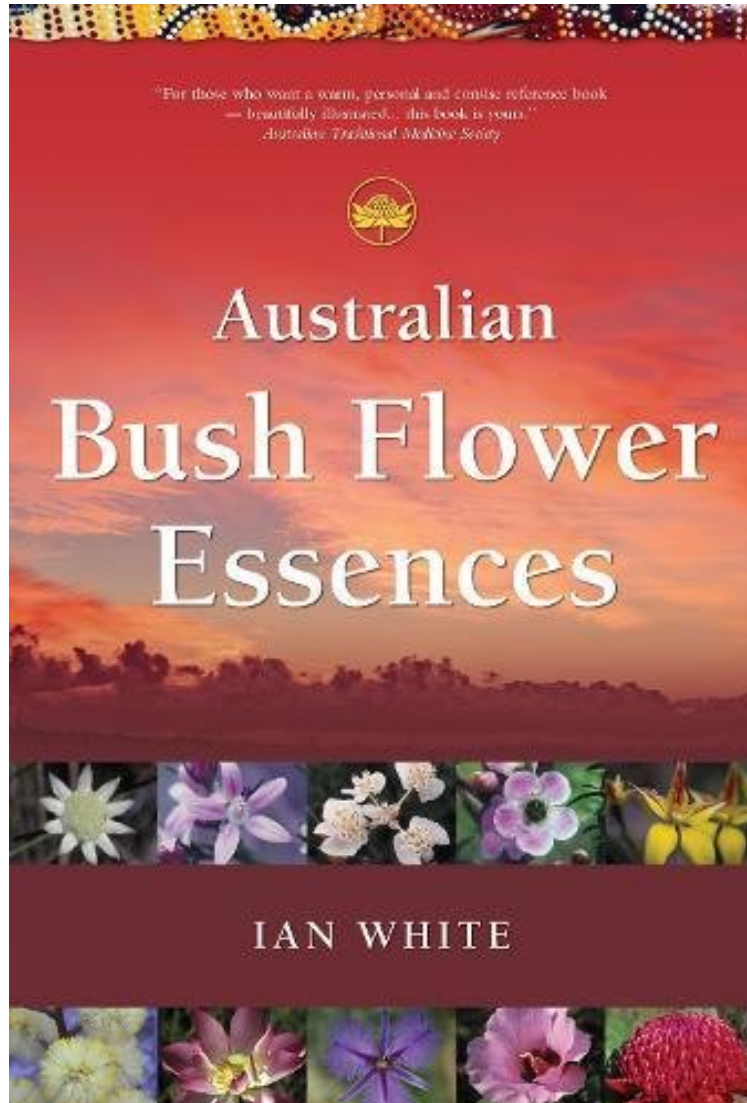


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Australian Bush Flower Essences

Ian White

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Ian White : Australian Bush Flower Essences before purchasing it in order to gauge whether or not it would be worth my time, and all praised Australian Bush Flower Essences:

8 of 8 people found the following review helpful. Helpful book for learning about Australian Bush Flower Essences By April This book was an easy read to learn more about each individual Australian Bush Flower Essences. It was written back in 1991 with the latest reprint done in 2013. The newest version includes new photographs. I believe since the original book was published, there are new essences out now that are not covered in this book. The book tells of the history and purpose of flower essences and explains how they work. It talks a bit about Numerology and Kinesiology

both subjects of which I know only what I read in this book. Each essence is written about individually starting with a description of the flower, where it was found and all about its healing properties. It gives the negative emotion one would take the essence for and the hoped for outcome. One very useful section in the back lists different illnesses and offers suggested essences to help those illnesses. I discovered Australian Bush Flower Essences on a support group for cat care. I have used them with success for issues such as litter box avoidance, helping multiple cats get along, and to help one of our nervous nelly cats. If I had not seen with my own eyes the difference these essences have made in the lives of our cats, I probably would not have believed they work. Animals have no preconceived notions about whether a remedy will work or not and cats are certainly not out to impress their owners so when the use of these essences resulted in positive outcomes, I became a believer. I am now trying some of the essences for myself and I'm pleased with the results. I give this book four stars instead of five because I feel it could do with some updating. I would like to have more information on the new essences. I enjoyed reading it but would be happy for a little more information. 1 of 1 people found the following review helpful. The essence of life By Customer I'm doing a flower essence course which requires this book as part of the research. The book itself is fabulous as it delves into the benefits of using flowers essences, Ian White explains how he became involved in the wonders of the Australian bush, he also travelled to other destinations around the world meeting botanists discovering many different flowers and their potency however, proceeds to inform us of how lucky we are as most of the more beneficial and potent essences are derived from flowers right here in Australia. 0 of 0 people found the following review helpful. Five Stars By Nancy Watkins Exactly what I was expecting!

Using the healing properties of flower essences is an ancient art, spanning many cultures. Flower essences are safe and powerful catalysts that anyone can use. Not only do they bring clarity to the conscious mind and develop many intuitive abilities but they also resolve negative beliefs and directly affect us at the level where we make decisions about our emotions, health, vitality and relationships. Flower essences unlock our inherent positive qualities such as love, courage and joy. Naturopath Ian White has taken this age-old study and applied it to the flowering plants of the Australian bush, showing that the energy and power in the ancient lands of Australia are manifested in the healing properties of its plants. In Australian Bush Flower Essences, he gives an informative yet personal picture of fifty bush flower essences from all over the country, as well as detailed information about their preparation and use in all areas of healing. He also provides a bibliography of important works about natural healing and an index of illnesses and their treatment. Fully illustrated, Australian Bush Flower Essences is the most comprehensive and far-reaching book yet written about this important modality. It is designed to allow anyone to feel competent and confident in using these essences to bring about health, harmony and well-being.

About the Author Ian White is a highly respected practitioner and teacher of naturopathy and kinesiology. His family have been natural health practitioners specialising in herbal medicine for five generations.