

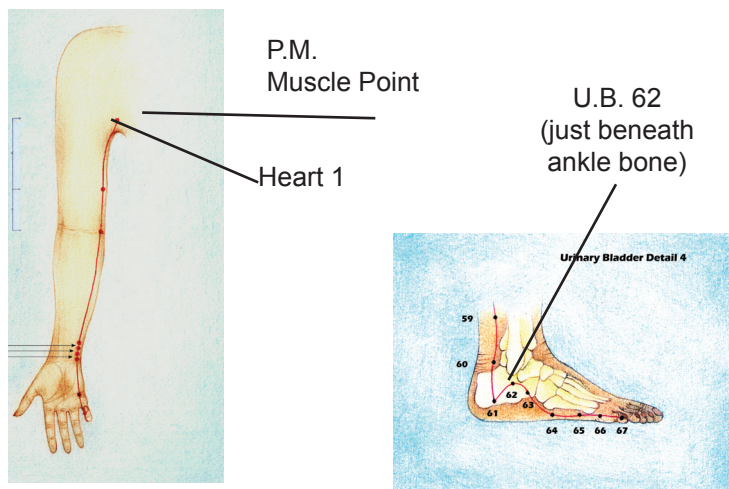
WORRY

BROWN BORONIA FLOWER MESSAGE

"The solution will come"

For those who constantly worry, going over and over problems, perhaps suffering from sleeplessness.

This essence is used on the Heart 1 acu-point, by applying a few drops along the pectoralis major muscle, and using the acu-point the urinary Bladder 62 (UB 62).



NAUSEA

ROSE CONE FLOWER

FLOWER MESSAGE "The inner quiet"

Used topically in the navel (every 15-20 minutes or so).

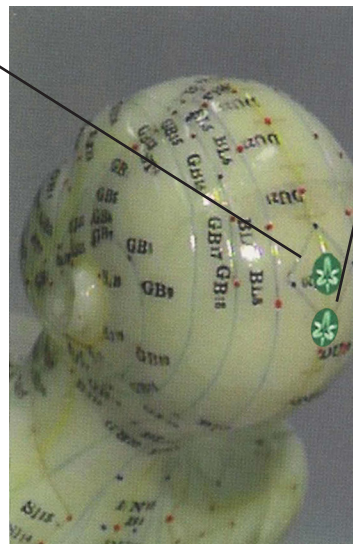
BLACK KANGAROO PAW

FLOWER MESSAGE "Love and forgive"

Used topically in the navel always with Rose Cone Flower (every 15-20 minutes or so) for nausea from bad food or reactions to drug or radio therapy.

CENTERING & CONSOLIDATING

The **BAIHUI** acu-point: found by taking a line from the lobe to the top of the ear and up to the the midline on top of the head.



The **EXTRA 6** acu-point found by going one thumbs width of the patient back from Baihui point.

LEAFLESS ORCHID FLOWER MESSAGE

"Come from your centre"

This essence encourages proper use of one's energy. With focus on essentials, and not peripherals, one can maintain vitality.

Use the flower essence by putting a few drops on the Baihui. acu-point every 15 minutes till energy feels restored.

WEST AUSTRALIAN SMOKEBUSH FLOWER MESSAGE

"Re-connect, re-integrate"

For those who feel disconnected, distracted or vague. Helpful for re-integrating the mind and body.

Use this flower essence by putting a few drops on the Extra 6 acu-point every fifteen minutes until clarity returns.

NEGATIVE EMOTIONS

BLACK KANGAROO PAW

FLOWER MESSAGE "Love and forgive"

For those having difficulty with people and situations and can't get on with their life because of constant thoughts about them. This essence releases the collection of negative energy in the solar plexus causing the discomfort.

THE FLORAL ACU - KIT

Flower Essences for use directly on the body or through acu-points

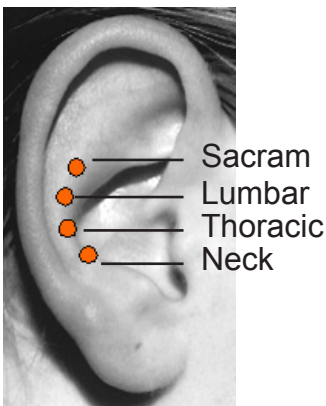


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PAIN & SPINAL ACU - POINTS

The following essences can be used directly on the body or used for neck and back pain by applying to the ear acu-points for the spine as shown here.



DAMPIERA FLOWER MESSAGE:

“Let go and let it flow”
This essence is helpful in relaxing tight muscles and can be used directly onto the tight or cramped area.

HOW TO USE FLOWER ESSENCES WITH ACU POINTS

Firstly select from the flower essences that are specifically used for the acu-point you want to use. Specific flower essences work best through the specific acu-points given in this brochure.

The acupoints and meridians that are used in Acupuncture and Shiatzu therapy arc like doors and streets. Through these doors and along these streets healing messages can travel and effect the subtle energies of a person to harmonize and heal.

To apply essences to an acu-point the three or four drops of the essence/s chosen are applied to a cotton bud and then applied, to the acu-point.

The way the acu-point door is opened is by connecting to the: “Chi” or energy which will carry the flower essence message to the place that needs healing.

This connection to the Chi is made by using a pulsing rhythm. So when applying the essences on the cotton bud an action like dotting an “i” is used.

This floral acu-pressure is carried out for five minutes on each ear.

MENZIES BANKSIA FLOWER MESSAGE

“Move through the pain”
When there is an intense area of pain this essence helps the body to allow healing and regeneration even though it is feeling highly sensitive because of the past trauma.

PURPLE FLAG

FLOWER MESSAGE
“Release the pressure”
When there is pain from a build up of pressure this essence stimulates gradual release of the feeling of pressure.

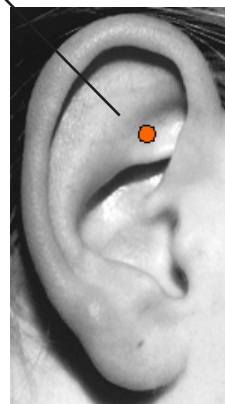
MACROZAMIA

FLOWER MESSAGE.
“Balance” the waters”
This essence ‘balances’ a person’s Yin and Yang and the water/sex chakra. It therefore is helpful for pain, arising from imbalance in these elements, which includes menstrual and vascular headaches.

STRESS

& SHENMEN ACU-POINT

The following essences can be used on the ear Acu-point Shenmen for different types of stress. Select one or more of the essences and put a total of four drops on the cotton bud and apply by the rhythmic pulsating action described on the previous page. Continue this for five minutes then repeat procedure on the other ear.



HYBRID

PINK FAIRY /COWSLIP ORCHID

FLOWER MESSAGE
“Inner strength and self acceptance”
For those being stressed by feelings of over sensitivity, particularly to criticism or negative projections.

PINK FAIRY ORCHID

FLOWER MESSAGE
“Inner peace and strength”
For those who are stressed by noisy, speedy or emotionally charged environments and can’t maintain their peace.

YELLOW FLAG

FLOWER MESSAGE
“Be bright and playful”
For those who become glum under stress and thus create more stress for themselves and others.

PURPLE FLAG

FLOWER MESSAGE
“Release the pressure”
For those who can’t release their stress and feel increasing pressure.

ENERGY

The following essences are used on the heart acupoint on the ear following the same rhythmic pulsating method as explained for pain and stress.

COWKICKS

FLOWER MESSAGE
“Re-build, re-energise”
A restorative after shattering traumatic experiences.

PINK FOUNTAIN TRIGGERPLANT

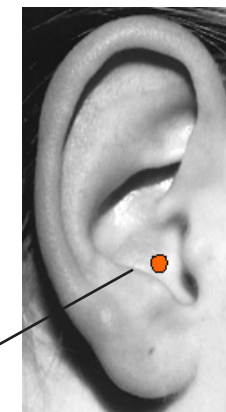
FLOWER MESSAGE
“Re-connect to vital force”
For those who lack vital force and cannot re-energise. Particularly good during convalescing.

PURPLE ENAMEL ORCHID

FLOWER MESSAGE
“Consistency and regularity”
For those who experience patterns of high then low energy. Full speed followed by a full energy slump.

REED TRIGGERPLANT

FLOWER MESSAGE
“Rejuvenate and restore”
The essence to recharge for those who feel exhausted after a long struggle.



Heart Point