



AUSTRALIAN  
BUSH FLOWER  
ESSENCES

# the essence newsletter

Winter June 2004

*You are the bows from which your children as living arrows are sent forth . . . The Prophet*

## Pink Flannel Flower ..... having gratitude for everything in your life and keeping your heart.

### Ian's update

**Pink Flannel Flower** – ah what a beautiful flower and an absolutely magnificent Essence! It has been five years since **Sydney Rose** was made so it has certainly been a relatively long time between Essences. Relative, because **Pink Flannel Flower** had not been seen growing in Blackheath (Blue Mountains, New South Wales) for 50 years! The production staff have been so thrilled having the Mother Tincture down with them and have all reported tremendous energy emanating from it. It is very special! I received messages in early January from both Jessica Scott and Pam Knights excitedly telling me about the sighting of **Pink Flannel Flower** – *Actinotus forsythii*, a very rare plant in the daisy family, of the same genus as two other of our Bush Essences, **Flannel Flower** and **Little Flannel Flower**. The **Pink Flannel Flower** belongs only to the upper Blue Mountains where it is known to grow in a few isolated locations and even then its flowering is very spasmodic and unpredictable. As I mentioned above it has not been seen around the area where it was prepared for over 50 years. It is for all these reasons that even today amongst some botanists and local people the actual existence of the **Pink Flannel Flower** is doubted.

Two years earlier there had been very severe bush fires on the escarpment there and this obviously has been the catalyst for producing the abundant display of **Pink Flannel Flower** this year. The daisy like centre of this flower is made up of a dense cluster of tiny pink flowers surrounded by paler pink sepals – either 11 or 12 in number. In all, the flower is about 1 cm across though there are reports of some being up to 3 cm across. It is approximately 50 –100% bigger in size than **Little Flannel Flower**. The height of this plant is usually from 30 – 40 cm and spreads out radially from a central base on wiry, hairy branches.

This flower is all about heart energy, which is not surprising when you observe the intensity of its pink centre. It allows a person to be in a state of gratitude for all aspects of life and for



what they are experiencing around them. **Pink Flannel Flower** brings about an appreciation of, and helps one take delight and pleasure in, the details and little things in life; to see and be aware of the blessings in every moment. Otherwise life can easily become dull, flat and one's "joie de vivre" will be missing.

This Essence has great affinity with young babies whilst both in the womb and in the early years of life. **Pink Flannel Flower** will help keep both their heart and heart chakra open with the high love vibration they have come in with as they adjust to the density of third dimensional reality. **Bluebell** would be used to open the heart after it has closed down but for young children **Pink Flannel Flower** helps their heart to remain open. It feels very appropriate to launch this Essence in this particular edition of the newsletter with its theme of babies.

There have been a significant number of children born with AIDS who have completely healed themselves. One important common quality that medical researchers recognised in these particular children was their incredible capacity for both loving and feeling gratitude. (Continued p2)

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