

ZTeens

Your Purpose Collection

“Generation Z” (astrologically, the Sagittarius-Pluto Generation, born between 1995 and 2008*) has been exceptional since birth. These young people have had a more powerful awareness of the world around them, from a very early age, than any other living Generation.

The effects of Pluto’s radio waves in the Earth’s electromagnetic field are felt most strongly in the survival areas of the brain. As a species, we’ve realised that we can survive more easily as a group, rather than as lone individuals. This “herd state” produces a strong context through which a collective Generation resonates, depending on the “Sign” frequency of Pluto. This is what causes the classic “Generation Gap”.

The economic and political demographics, that define our Generations, mostly closely align with the Pluto Paradigms that can be calculated to within a second in time.

Spiritually, Gen Z is bringing in many skills and great Wisdom from former lives, and will be the Generation that will make the biggest changes in world culture, politics, and our presently-failing ecosystem. It is for this reason, that Gen Z individuals have a naturally higher stress level than other Generations. This can affect our current teenagers who are still at school and not yet in their ultimate power to make these Changes. Yet, many are not sitting still.

This **ZTeens** formula addresses many of the issues that young people are facing today, particularly:

- focus and clarity of thought for complex studies
 - stimulating creative breakthrough
 - strong sense of purpose
 - balancing left and right hemispheres of the brain to acknowledge intuition
 - creating safe boundaries without being either controlling or fearing rejection
 - alleviating states of self-rejection, shame, guilt, and fear, which all create a feeling of aloneness
 - comfortable being unique rather than feeling isolated by it
 - opening up to the possibility of finding creative solutions to present problems, lightening the load
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Directions for Use:

Shake the bottle gently before each use, to mix the brandy (as the preservative) into the purified water. This also prevents the brandy alcohol from being used up more quickly as it will naturally settle to the bottom of the bottle where it will be sucked up first by the open end of the spray tube.

One spray each, directly on the top of head and the heart area, at *least* twice a day, and anytime there is stress or confusion or emotional challenges.

Australian Bush Flower Essences – ausflowers.com.au

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Books: ***Australian Bush Flower Essences*** and ***Australian Bush Flower Healing***
by Ian White

BUSH FUCHSIA: *Epacris longiflora*

Assists with problem solving and improves one's access to intuition – it helps you to trust your own 'gut' feelings. It allows for balance between the logical/rational and the intuitive/creative aspects. It can give you courage and clarity in public speaking as well as the ability to speak out about your own convictions.

Desert Alchemy – desert-alchemy.com

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Book: ***The Alchemy of the Desert*** by Cynthia Athina Kemp Scherer
for comprehensive descriptions

BOUVARDIA: *Bouvardia glaberrima*

Fortifies your will to confront life directly and consciously, changing emotional reactivity and avoidance patterns into positive response and action.

CAMPHORWEED: *Heterotheca subaxillaris*

While gently diffusing old patterns, Camphorweed brings a sense of purpose and appropriateness, helping you to stay on track, feel grounded and bring things into manifestation. Excellent for when you find yourself caught up in adrenaline producing situations, or drawn into thoughts or patterns that pull you down. Turning away from the selfish to the altruistic.

CLARET CUP: *Echinocereus triglochidiatus*

Clarity and focus are the key words for this hedgehog cactus. This is an excellent essence for manifestation, meditation or any situation requiring mental steadiness and acuity.

COW PARSNIP: *Heracleum lanatum*

For transforming insecurity into a deep sense of self. For an underlying sense of an inability to direct your life; feeling like you are responsible for everything; worry; overly-sensitive; integrating play and relaxation into your process.

CROWNBEARD: *Verbesina encelioides*

When experiencing the world as unsupportive or hostile; defeatism, "what's the use" attitude. Fear or terror of speaking out; helps you to keep faith and optimism, and to transmute fears of hostility, and find purposeful expression.

FISHHOOK CACTUS: *Mammillaria microcarpa*

For those who hide behind non-communication. It is especially indicated for the fear of risking in communication. It supports you with confidence in public speaking, intimate relationships or for speaking foreign languages.

HOPTREE: *Ptelea trifoliata*

In touch with a deep level purpose and ability to stay focused on what is most essential, rather than being distracted by a myriad of things; finding a proper balance between controlling and selecting healthy boundary-making choices; excellent for deep anxiety.

MEXICAN STAR: *Milla biflora*

For terror around survival. Helps you embody strong, self-contained individuality. By knowing that your inner strength is your foundation for survival, you enjoy your uniqueness rather than feeling isolated by it.

PURPLE ASTER: *Aster foliaceus*

For those who's hard-working efforts create the feeling that they are isolated and that progress is small and difficult; changes the feeling of pursuing a goal to feeling as if you are drawn to it; the essence of choice for performance anxieties; discovery of

appropriate channels and means of communication and self-expression; helps bring a feeling that you are united with humanity and that your work is tied to the workings of the universe.

SCARLET MORNING GLORY: *Ipomoea coccinea*

Creative breakthrough. For those who have difficulty giving form to their creative impulses, this flower essence stimulates you to get going, making future potential into present reality. It also helps keep you focused if you become caught up in excitement that pulls your focus in other directions.

STAR LEAF: *Choisya arizonica*

Feeling there is little you could do or say to contribute positively to a situation; self-doubt and shame. For self acceptance and approval; freedom in self-expression; realisation of the power in being yourself.

VIOLET CURLS: *Trichostemma arizonica*

Relieves congestion in the emotional body from a backlog of unprocessed emotions, easing emotional tensions, rebalancing the emotional center to function in harmony with the physical and mental bodies; helps you to not take your emotions too seriously, but to experience them with calm detachment and clarity. Simple happiness and lightness.

WHITE DESERT ZINNIA: *Zinnia pumila*

Over-identification with limitations and struggle; ability to laugh at yourself or a situation; not taking events or other people's opinions too personally; brings you back to simple happiness and lightness.

WHITE THORN: *Acacia vernicosa*

Helps you to be more gentle with yourself. Brings a sense of optimistic freshness and helps your thinking move in new, innovative directions. Helps to release you from succumbing to old patterns and habits, especially if you have continued to act them out after initially recognizing them. It is useful for calming adrenaline excess.

ZTeens

Bodhimind Essences

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* There are specific dates in 1995 and 2008 when Pluto switches signs, and these can be timed to the *second*, astrologically. So, for individuals born in either of those two years, they would need to consult with an astrologer to determine if they are born under the Gen Z / Sagittarius-Pluto influence. ▲