

# **Candle of Life**

*(Johnsonia pubescens)*

## **Being Surrounded by Light and Love**

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### **Healing Nature**

This essence helps the person to switch on their light again, that is, to see they must reach out to the beauty around them, and inside of them to feel that it is good to be alive. Whatever the past pain has been, or how long a person has been hurting and struggling to go on, positive Life experiences wait for them on the horizon. The renewal of hope and optimism, when we are in touch with our inner Light, is always rewarded.

### **Spiritual Qualities**

It is a brave and perhaps naive person who thinks they can understand the meaning behind all the tragedies that befall a person. The Soul has been on a long journey going through so many transformations on its way home. In reaching out to the Light, to the Love that is embedded in every part of the Universe, the Soul is refreshed and radiates beauty into their Life.

#### **Positive Qualities – Key Words:**

positivity, optimism, Light, renewal

#### **Problem Target – Key Words:**

hopelessness, battling, struggle, past pain

#### **FLOWER ESSENCE AFFIRMATION**

This is me. The shining being seeing my reflection in everything so beautiful. Seeing that I am part of the beam of Life that showers Joy.

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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 who feel like giving up on Life, giving up the fight for survival because of past painful experiences. The person has often battled on in spite of all the burdens of their memories and now feels that Life cannot be worthwhile or fulfilling. The person may be perfectly justified for the way they feel because of the realities of their Life. However the grim attitude of the hopelessness they embrace is a suffering they are adding to their situation.
- For a person unable to come to terms with an incident which makes them feel Life is not worth living.