

# Cape Bluebell

(*Wahlenbergia capensis*)

## Freeing the Past

---

### Healing Nature

The essence of enhancing inner renewal and freeing oneself from old baggage that has no part to play in a happy Life. For dealing with and healing issues of the past which have left a bitter taste. To re-experience the Joy of making the most of possibilities in present and future relationships.

### Spiritual Qualities

One of the signposts of progress on the way to enlightenment is our ability to not get waylaid and caught by the belligerence or callousness of others. If we do not heal ourselves and want to hold on to the pain and exact revenge we completely lose our way and the whole purpose of our Path. If we do get caught in wanting an eye for an eye, the quicker we realise how we got into that situation and learn, the easier we will get out and not go into a destructive state of bitterness. We then free ourselves of the past and its effects. This is as equally true in a society as it is in an individual.

#### Positive Qualities – Key Words:

Joy, letting go, freeing, geniality, friendly

#### Problem Target – Key Words:

resentment, jealousy, bitterness, envy, blame

#### FLOWER ESSENCE AFFIRMATION

Oh to feel at ease again, with the world my friend. Hard layers are dissolving now,  
leaving me as supple and soft as a young sapling.

---

### Mental/Emotional Health

#### Oral Dosage of Flower Essences (for mental/emotional wellbeing)

Information on prescribing and preparing oral doses.

- For those who are negative and jealous of the happiness of others because their own desires and wishes have been thwarted.
- For those who resent other people's happiness because they feel it is unfair that they haven't been that lucky.
- For people who have old anger and negativity that has not been resolved. People become cynical and then are unable to attract Joy into their lives. Situations from the past may or may not be still affecting their present external reality, but these people can't release their bitterness and so it affects their current relationships with people badly. This can often cause more bitterness and so it goes on, if unhealed.

#### Topical Applications of Flower Essences

(for mental/emotional wellbeing)

Information on prescribing and applying essences topically.  
Desire for revenge, hatred.  
Uterus acu-point on the ear.