

# Catspaw

(*Anigozanthos humilis*)

## Speaking Your Truth

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### Healing Nature

This essence encourages the expression of the hurt one feels, so that others may better realise your situation and respond. To lose the fear of communicating pent up gut feelings and face what is really happening. This allows for the Truth to produce clarity, freeing one from both expectation of fairness and the unhealthy situation of being used by others. Helpful for equalising one sided relationships and bringing reality to obligatory relationships.

### Spiritual Qualities

Fear is the bane of the human mind. Although it protects us to some degree from harm (and this is its instinctual purpose), if it is not mastered it dams up the flow of our Life. The subtle fear of receiving negative consequences for speaking out about something weakens our inner fire and drive, waylays us in stagnancy. In that stagnant pool problems grow and take up more of our vital force until we bring upon ourselves a crisis. Much healthier is to be vulnerably honest to others and then from the response you receive, better assess where you stand in your own Life.

#### Positive Qualities – Key Words:

speaking out, courage, clarity, acknowledgement

#### Problem Target – Key Words:

suppressed, introverted, disregarded, hurt

#### FLOWER ESSENCE AFFIRMATION

From my heart I speak, the meaning is not hidden. I say my peace, I give of my mind. Whatever comes my way from this can only be the bliss of Truth.

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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 whose opinion is disregarded and as a consequence they suppress their feelings because it seems pointless.
- For people who suppress their feelings because they fear rejection if they speak out, however diplomatically and carefully. The person or people they fear a reaction from, may not even be aware they are taking the person for granted or creating pain.
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