

Christmas Tree (Kanya)

(*Nuytsia floribunda*)

Being Part of the Whole

Healing Nature

For feeling comfortable with responsibilities. This essence helps settle the person, bringing inner contentment which enhances the enjoyment of the family or group. The person can then fulfill their responsibilities and reap the rewards of consistency and shared goals. For issues of responsibility in family and group Life where duties and everyday pressures are causing an individual to become distant and avoid his or her share of the load. This affects the whole group as they must carry the extra burden, and problems of resentment in those effected soon arise.

Spiritual Qualities

Selflessness is a cherished development in our spiritual Life. The restless hungry mind gives no peace as it runs after so many desires for itself, one after the other. These desires can seem more inviting when they are out of reach. Once they are gained we want something more, something else. Satisfaction leads to another sense of emptiness. When we stop consciously fueling our selfish desires new pathways to happiness open up, and our environment and the people in it reflect Joy.

Positive Qualities – Key Words:

responsible, sharing, caring, maturity

Problem Target – Key Words:

irresponsible, selfish, inconsistent, immaturity

FLOWER ESSENCE AFFIRMATION

We are together we are part of each other. We move towards the sunrise hand in hand. My hand will be forever warm my arms forever open.

Mental/Emotional Health

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

Information on prescribing and preparing oral doses.

- For those only focused on their own desires and become uncaring.
- For a family member who is suddenly feeling trapped by the realities of their Life, like in the case of a couple with young children, especially the first child. The person is enjoying being in a family, but would like to have their cake and eat it too. They wish to have the Joy and comfort of home life and the freedom of single life. The reality is that you can do that, as long as you keep baking more cakes – you just have to put more effort in to make sure that no one is suffering by you pursuing some private goal. Usually these times of panic are phases of a maturing process and the individual learns to integrate the different aspects of their real needs responsibly into their life.

THE HEALING

Inspires open heartedness and the shouldering of an individual's part of collective Life. The focus becomes re-