

# **Giving Hands**

(*Scaevola striata*)

## **The Spirit of Regeneration**

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### **Healing Nature**

To find the powers of regeneration and metamorphosis within. The flower essence to care for and heal oneself so one can bounce back after personal trauma and unload the feelings of heaviness. When this is achieved the renewed inspiration for Life and zest for living carries one through to positive experiences and gives scope for great fulfilment.

### **Spiritual Qualities**

To keep in touch with the source of regeneration, Light and Love, is to be continually renewed. If we focus our minds on our suffering, this perspective will take us out of touch with the very instrument of healing that we need. Whatever has happened to us in our past can be healed, and we don't have to carry that darkness with us on the rest of our journey. After a dark experience we must care for ourselves, heal ourselves, regain our vigour and move on towards the sunrise of the rest of our Life.

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

regeneration, optimism, inspiration, joyous

#### **Problem Target – Key Words:**

sadness, abused, heaviness, hopelessness

#### **FLOWER ESSENCE AFFIRMATION**

My sinking heart has now risen. Sunning itself in the day and resting peacefully at night. I feel so young, a tender bud uncurling.

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### **Mental/Emotional Health**

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

Information on prescribing and preparing oral doses.

- For people who feel weighed down by the murky areas of their Life and have lost the ability to feel good about living.
- Such people have often been of a very giving nature, been highly traumatised, hurt and battered by life, been taken for granted and abused, which leads to them wanting to withdraw from people. Life becomes too hard so they don't want to interact with it any more. In extreme cases there is often a subconscious desire to no longer be on this earth.

#### **Topical Applications of Flower Essences**

(for mental/emotional wellbeing)

Information on prescribing and applying essences topically.

Indiscriminate giving, leaving oneself open to being exploited.

Tongue acu-point on the ear.