

# **Green Rose**

*(Rosa chinensis veridiflora)*

## **Moving Forward**

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### **Healing Nature**

The flower essence of making progress, of focusing ahead and using vigour to accomplish a breakthrough. To enhance forward movement through a problem, or phase of stagnation, without sudden leaps back to square one. To be free of frustration, to help fight listlessness and the repetition of mistakes. Helpful in maintaining disciplines and healthy habits for body, mind and spirit.

### **Spiritual Qualities**

The eternal transformation and growth of everything in creation is the very dynamism of Life. No one can afford to lag behind, caught in a false sense of the security of what has been before. Only expansion into greater levels of awareness and challenging our Self to progress brings the inner serenity and Joy.

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

breakthrough, change, progress, focus, vigour

#### **Problem Target – Key Words:**

indolent, stagnation, resentment, defeated

#### **FLOWER ESSENCE AFFIRMATION**

Within me certainty is awakening my conviction comes from within. I will cast aside my old rags cut myself loose from the chains and make the future my own.

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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 cannot successfully complete a change they need to make. They seem to do well but can make surprising reversals and be back where they were in the beginning. This is due to the fact that a strong part of their mind can't be bothered changing, resents having to change, and would prefer to stay the same, if only there were not consequences that were unpleasant. Often the natural consequences are the natural reactions from others, which can make these people negative and defensive towards those around them. This projecting blame onto others can then create within Self righteous attitudes and give them a reason to stay stubbornly the way they are.
- For those with an indolent attitude.
- For those who are battling addictions or addictive patterns of behaviour and are frustrated that they always end up where they started.

#### **THE HEALING**

helps to strengthen the mind to deal with itself, the attitudes producing frustrating cycles of defeat and to correct the focus onto mastering the inner enemy of one's