

Pixie Mops

(Petrophile linearis)

To Rise Above the Self

Healing Nature

The essence to take full responsibility of oneself to free and strengthen the heart. To not depend on and then react to people who let you down. In this way to become a truly helpful and understanding person, such as is needed by oneself, and others in the world every day.

Spiritual Qualities

It can be a trap to focus on ourselves and what is our due. It can bring about inner weakness. Self pity is not positive, and it can create a focus on the negative traits in others. Not only can this distort our general perspective, but when focusing on negative traits our minds begin to mould into the shape of that negativity, we absorb it and start becoming the same. Keeping the mind above such things is not a process of denial or ignorance but a conscious effort to remain walking in the Light of our Spiritual Self, that is, in awareness and Love. From this inner strength we can be of great service to those who need understanding and compassion.

Positive Qualities – Key Words:
considerate, compassion

Problem Target – Key Words:
resentful, reactionary, hurt, hardening

FLOWER ESSENCE AFFIRMATION

The endless wave of Joy that comes from the ocean within me spreads outward then rises up again, peacefully deep.

Mental/Emotional Health

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

Information on prescribing and preparing oral doses.

- For dependency/resentment cycles where a person becomes hard after being let down and treated unfairly by other people.
- For those who find they are becoming like the very people who have been inconsiderate or hurtful to them.
- For people who lose sensitivity and compassion for others after bad experiences with those on whom they relied on.