

Transition

Everyone who I talk to these days, whether it's a client or a friend, is in transition and change. People are physically moving to new locations or states, leaving jobs and careers for new experiences, and deciding to change to a whole new way of thinking and living. I'm sure if my forte' was astrology, I could explain this experience based on the planetary shifts and changes, but I can only address this with first hand observation.

One thing is for certain, change can send us whirling out of control, even when we know that the change is for the good. When a client or friend calls me, they usually want to know what flower essence I would recommend for them. Right now, I would suggest the Australian Bush Flower Essence called.....yup....**Transition**. Originally, this flower essence was used to ease the fear of death, and assist one to gently pass over with a sense of serenity, but it can also be used by anyone who is going through major changes.

This combination essence is made up of:

Autumn Leaves, a flower essence that allows one to be open to guidance and communication from the other side;

Bauhinia, a flower essence for open-mindedness and acceptance of change;

Bottlebrush, a flower essence for letting go and adjusting to change;

Bush Iris, a flower essence that helps release the fear of death and,

Lichen, a flower essence that helps one to be aware of and look to the light.

Along with the Transition flower essence, I recommend getting at least 20 to 30 minutes of sunlight on the top of your head. Stress can be immobilizing and have a direct effect on structural and endocrine activity, particularly those glands that are light sensitive such as the pituitary and pineal glands. To most of us, darkness equates with tension, fear or pain. How often have you heard yourself say, "I'm in the dark about what I should do?" Take some time for yourself to enjoy the sunlight and know that your whole body will benefit.



Turn on the light!