

Making Changes - What we need to take action

Releasing Fear

When I need inspiration on the theme for the month I just look at which flower or crystal essence has 'come through' most often for clients and this month it's beautiful Nasturtium pictured here which is all about helping us to make changes.



Why we don't make changes

The message of Nasturtium is that we don't make changes in our life for two reasons:

- We don't have the energy required to act
- Thinking of change brings up fear which then blocks us and creates attitudes which stop us acting.

When faced with the need to act, avoidance activities can include a sudden urge to :

- browse the internet
- clean the bathroom
- clear out the garage
- plan the next holiday
- catch up with old friends
- decorate the hall
- catch a cold and dive under the duvet
- take on a new, demanding project at work
- create a drama in your life which requires your immediate, full attention

Why change can bring up guilt

Do any of these avoidance strategies sound familiar? Contemplating change can bring up guilt feelings, as we risk being disloyal to our family system. We risk being wealthier, more successful, clear of addiction or in a happy relationship. If none of these define being a member of your family then it will be hard for you to claim them for yourself.

Change can also mean changes in personal status - how will you be viewed as a newly married or newly single person, for example. Or perhaps you're contemplating downshifting or a career change which involves a considerable cut in income but an increase in quality of life.

Maturing through change

For some of us there will be fears of having to come up-front and accept a more responsible role in life. To step into parenthood, a more responsible job or a carer's role to an elderly parent.

These are all changes which can challenge our level of self-belief and make us ask ourselves what our core values really are. When we're asked to step forward, can we live up to our own self-image and our own principles?

How Nasturtium can help

Nasturtium gets us out of our head and our intellect, where our fears are created, embellished and obsessed about. It draws light through our crown and clears our brow and sacral chakras creating a strong spiritual and creative connection so that we feel inspired and energised. Physically when we need this essence we may have poor vision, frequent headaches and blocked, irritated sinuses.

Nasturtium helps us to accept different future roles in life. As part of a blend it helps us to accept the challenge of change and to view such change with lightness and positivity rather than fear or dread. Nasturtium encourages change, growth and a whole new future.