

Feverfew - Tansy

Releasing Indifference and Indecision Becoming Purposeful, Decisive and Authentic



- ☒ This essence helps us to feel decisive. We're able to formulate goals and take purposeful action, motivated from within.
- ☒ Tansy is invaluable when we feel apathetic, indifferent, indecisive, or unable to act.
- ☒ It helps eliminate habits which sabotage the intentions of our higher self.
- ☒ Tansy works with our Higher Self in a particular way. Although the forces of our will are blocked, it isn't usually effective to treat the will, or our physical energy level directly. The path to healing lies in understanding *why* we are blocking the expression of our authentic self.
- ☒ When we need Tansy we often respond to excitement, tension, intense overwhelm or feelings of pressure by withdrawing and contracting our physical energy. Sometimes this is a temporary reaction to a current situation, but it can often be an unconscious, long-standing pattern connected with family and early childhood trauma. We may have been exposed to chaos, confusion, emotional instability, or even violence, and have learned to suppress our natural response to situations as a way of keeping the peace, or avoiding further emotional overwhelm. We may energetically 'downshift' as a way to distance ourselves emotionally; avoidance becomes a coping mechanism.
- ☒ Tansy essence stimulates our self-awareness, bringing a connection to our inner strength and purpose. As we take it, we become more direct and decisive in our responses and we're able to express our authentic self in all its potential.
- ☒ Tansy essence can help when our sleep patterns are disturbed by insecurity.
- ☒ It helps with balance and energy, allowing us to maintain balance in our physical body, and to keep our body energy in alignment with our highest purpose.
- ☒ Useful Affirmation *'I bring my body into perfect balance and perfect alignment.'*

Please Note: Individual essences are not available from Spirit of Transformation, as a bespoke blend is much more powerful. If this essence resonates for you, then order a spiritually guided attunement to receive your personal essence blend, mentioning in your email that you'd like this particular essence as part of your blend.

Click here for attunements: <http://www.spiritoftransformation.com/Attunements.htm>

This essence is part of the Spirit of Transformation Gemini-Mercury blend:

<http://www.spiritoftransformation.com/planetaryessences.htm#gemini>

Acknowledgement and Thanks With acknowledgement and thanks for this information to Garden Plum Essences: <http://www.gardenplum.com/>

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N.B: Using essences is not a substitute for medical attention - if you're ill consult a medical practitioner.