

Making Changes - What we need to take action



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, creating attitudes which stop us acting.

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

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

Why change can bring up guilt

Are any of these avoidance strategies familiar? Considering change can bring up guilt, as we risk being disloyal to our family. 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 challenge our self-belief and can make us ask ourself question our real core values. 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 intellect, where our fears are created, embellished and obsessed about. It draws light through our crown, clearing our brow and sacral chakras and creating a strong spiritual and creative connection so we feel inspired and energised. We may be studying a lot or our work may require a lot of mental analysis and effort, so we're spending too much time in our heads.

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.

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 Take Courage – Release Fear blend:

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