

# Nasturtium

## *Moving into Action - Opening to Change*



- ☒ This essence supports necessary change and growth by helping you to access the energy and motivation to act and by helping you to face the fears which come up when you contemplate what needs to be done and what may happen as a result. This may masquerade as tiredness or boredom.
- ☒ It's a helpful essence when you're procrastinating and avoiding making decisions or taking action.
- ☒ Changes can be difficult; you may face judgement, hostility or incomprehension from those around you. Even apparently positive changes could make you feel uncomfortable if they mean that you become more successful, more powerful, happier, healthier or wealthier than is usual in your family, or in your current relationship, for example, so you may unconsciously sabotage your own success.
- ☒ Change may make you question your core values and can bring up self-doubt. Do you have what it takes? Can you sustain a new role or more responsibility and do you really want to?
- ☒ Nasturtium gets you out of your head and thoughts, where fears are created, embellished and dwelt on.
- ☒ It draws light through your crown chakra, clearing your brow and sacral chakras and creating a strong spiritual and creative connection so that you feel inspired and energised. It deepens meditation.
- ☒ It opens your mind and helps you move out of rigid thought patterns, so that you see new possibilities.
- ☒ It's a very useful essence if you're studying hard or your work requires a lot of mental analysis and effort, so you're spending too much time in your head. This brings your energy back into your lower chakras so that you are more balanced, grounded and physically engaged.
- ☒ Nasturtium helps you to step into new situations and undertake new responsibilities calmly.
- ☒ It helps you to transmute fear of change into feelings of excitement, curiosity and a sense of adventure.
- ☒ It can help you become more sensitive to auras and colours and more aware of their affect on you.
- ☒ Useful Affirmation: *'Life is full of exciting challenges. I meet them with unhesitating confidence, welcoming the growth they bring and opening to new possibilities.'*

**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 personal attunements:** <http://www.spiritoftransformation.com/Attunements.htm>

**This essence is part of the Spirit of Transformation Take Courage – Release Fear blend:**

<http://www.spiritoftransformation.com/transformationessences.htm#takecourage>

**This essence is part of the Spirit of Transformation Crown Chakra blend:**

<http://www.spiritoftransformation.com/chakraessences1.htm#crownchakra>

**Acknowledgement and Thanks** With acknowledgement and thanks for this information to:

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South African Flower Essences: [http://safloweressences.co.za/Nasturtium\\_Essence.html](http://safloweressences.co.za/Nasturtium_Essence.html)

Bailey Flower Essences: [http://www.baileyessences.com/cgi-bin/moreinfo\\_bailey.pl?NASTURTIUM-10ML](http://www.baileyessences.com/cgi-bin/moreinfo_bailey.pl?NASTURTIUM-10ML)

The Gurudas Essence Books: <http://www.spiritoftransformation.com/essencedirectory.htm#recommendedreading>

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