

Ragwort

Quieting the mind

Finding Stability and Commitment within Change



- ☒ Ragwort brings forgiveness of ourselves and others.
- ☒ Ragwort also helps us trust and love our body.
- ☒ It calms overactive or obsessive thoughts, releasing those which do not serve us.
- ☒ This essence helps us dig deep to pinpoint the source of our problems. It helps us to connect with the earth and our physical body so that we feel safe and emotionally supported. In this state we feel able to face things with clarity and decisiveness.
- ☒ It helps when we fear commitment, when we find it hard to put down roots, or we find it difficult to make friends or establish intimate, loving relationships.
- ☒ It helps when it's hard for us to feel stable and secure when so much is changing around us or we're faced with difficult or unfamiliar circumstances.
- ☒ Ragwort helps us stand firm as we face our difficulties and to be strong and flexible in the midst of change. It enables us to remain healthy, keeping our energy high even during deep transformation.
- ☒ This essence stops the thoughts that go round and round with no resolution because the answer is not to be found by mental effort.
- ☒ Ragwort firstly releases the emotion which is provoking the repeating thought pattern. Secondly, it is a strong tough plant. That quality of strength can support us whilst we adjust to having a quieter mind free of obsessive thoughts and constant emotional stimulus. A calm mind can feel strange at first and Ragwort helps us to avoid the temptation to revert to obsessive emotional dramas.
- ☒ Useful Affirmation : *'I am stable in times of change.'*

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

This essence is part of the Spirit of Transformation Closeness and Friendship blend:

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

This essence is part of the Spirit of Transformation Forgive, Love and Accept Ourselves blend:

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

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

Baileys Essences; http://www.baileyessences.com/cgi-bin/atoz_bailey.pl?bailey#1

Mother Luck Flower Essences: <http://www.motherluck.com/index.php?go=singles>

Harebell Remedies - Flower Essences: <http://www.harebellremedies.co.uk/essences.htm>

Photo courtesy of Tina Negus: <http://www.flickr.com/photos/84265607@N00/1003876431/>
Copyright: Nikki Wyatt, Spirit of Transformation. All rights reserved.

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