



CHANGE

"And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom."

Anais Nin

As a holistic practitioner, one of the most frustrating parts of my practice was making recommendations that were not followed. Taking care of your body, mind and spirit involves awareness of what goes into your body – both food and thoughts. There were many patients that were able to apply new learning and make changes in their diet and lifestyle, but there were many who would not/could not.

When habits are entrenched over decades or food is consumed for emotional nourishment rather than nutrition, it can be challenging to make changes that support health. Usually the pain of staying the same has to be much greater than the pain of changing.

That is why I am grateful I found the world of energy medicine and energy psychology, which offer tools that can ease the process of change towards health supporting activities. As an example, there can be psychological reversals that sabotage our conscious desires. If a child grows up only getting attention when they are sick, they can develop a subconscious belief that they want to be sick, because sick=attention. As an adult coping with serious health challenges, that belief can hold them in their unhealthy behaviors, as the subconscious is much stronger than the conscious. By releasing that reversal so that their subconscious wants to be healthy, it is easier to make changes because the conscious and subconscious are now congruent.

An easy way to dip your toe into the pool of energy medicine is to start with vibrational tools like flower essences and homeopathy. They work by shifting your vibrational frequency, which can release energetic and emotional blocks. Their effects tend to be gentle and with minimal (if any) side effects. It is however important to choose the remedy that is the right fit for your issues.

My newest flower essence is the Daffodil, which bloomed incredibly early this year.



The energy of Daffodil is about moving forward. The yellow color supports the solar plexus/third chakra – the energy center that is related to our motivation, confidence and will power.

This center can be wounded by domineering care givers or recurrent disappointments. Daffodil focuses the energy of personal power so that it can be converted into action.

Other flower remedies/crystal elixirs that can be helpful for supporting change include:



**Pink
Oleander**
(Kalei
Bermuda)

With the energy of the Creator Destroyer goddess archetypes (Cerridwen, Durga, Kali Ma, Parvati, Sekhmet) the old is released to make way for the new.

"I release what no longer serves me and open to new possibilities."



Faith
(Zia elixirs)

A mix of the crystals peridot (courage to live your heart's desire) and pink tourmaline (nurturance), plus the vibration of the essential oils frankincense (purification and protection) and myrrh (blessing and healing).

"With the integration of Love and Will I have the courage to act on my heart's desires."



Torch ginger
(Kalei Maui)

Based on the Huna principle of Mana "All power comes from within", the torch ginger illuminates the higher path.

"I am fully connected to my inner power."



Walnut
(Bach)



Bach's Walnut flower remedy provides support as you make life changes and follow your ambitions – free from the influence of others.

"I release the influence of outside sources and confidently follow my own unique direction in life"

Your inner guidance may draw you to one specific elixir or you may want to try a personalized blend made up for your own unique needs.

For more **information on flower essences and how they work** see the FAQ section at <http://www.lightshamanhealing.com/elixirs.html>

To request your own personalized blend of flower and crystal elixirs visit the Light Shaman Healing store.

Many blessings
Linda Rayner MD of Light Shaman Healing
www.lightshamanhealing.com

