

## Surviving the cardinal climax with flower essences

We are witnessing a turning point in the evolution of the earth; the breakdown of certain traditions and institutions, accompanied by the changing face of many economic, political and social elements of our society. This profoundly significant time is represented astrologically by the current alignment of Saturn, Uranus and Pluto; a tough and uncompromising configuration which suggests major adjustments and transformation. We are in transition, not just in the outer world, but far-reaching changes are affecting us personally. As we experience a massive re-organisation of our world and our lives, the energy around us is intensifying and the pace of life accelerating, which is not easy on our nervous systems. Vibrational essences are an invaluable way in helping us cope with these things and maintain balance.

Change is on the agenda, whether we like it or not. Although it is difficult to predict exactly what scenarios these outer planets suggest, at the highest level they indicate the ushering in of a new world order. Throughout these times it is important to keep an open mind and try to remain positive. If you are experiencing a challenging transit of one of these planets, then the other two planets will also be implicated at times throughout this year. You may identify with some situations or states of mind outlined below, together with suggested flower essences.

### **Completely out of your comfort zone?**

Many people are coming to terms with issues of separation, divorce or death, which invoke intense feelings of abandonment, loss and grief. If you are enduring similar adjustments, then don't be without **Bottlebrush** (AB). This helpful essence assists with any sort of change you may be undergoing in your life, and where appropriate in letting go of the past.

When overwhelmed by the pace of life, **Golden Corydalis** (ASK) helps you to integrate new experiences with what is fitting for you at a deep inner level. This can be especially relevant if a sudden change of direction in life has been forced upon you and you cannot see how your experience, talents or skills fit together in order to progress. It helps if we can adapt a philosophical attitude and focus on the bigger picture when dealing with life changes and traumas. If we look at circumstances (however difficult) as chances to learn lessons, then we can see them as opportunities. Mostly however, our ability to

perceive things in this way is limited by past experiences and conditioning. **Alder** (ASK) endows us with an expanded perception, so we can respond in a way that supports our learning process and our own growth.

### **My life should not be this way!**

Saturn transits can test our patience and wear down our spirits, so you may be frustrated that your life is not unfolding as you think it should and/or things don't make sense? From our narrow perspective it can be hard to acknowledge that we do not always know what is best for us. **Snowberry** (PAC) helps you to embrace and accept this understanding. Assisting you to work with how things are 'now', rather than resisting, this essence enables you to regain your 'light' by working through your shadows. Feel like what has happened to you is 'not fair'? Be empowered with **Southern Cross** (AB), rather than becoming a victim. This essence teaches that we create our own reality by the way we think and act and by taking responsibility and adopting an optimistic attitude we will attract things of a positive nature. Has it got to be your way, or not at all? Inspiring you to have a flexible attitude and open mind, **Dampiera** (AL) encourages letting go of stress, rigidity and concepts that are restricting and no longer serve you.

### **Overcome by fear**

It is easy to become fearful, especially when encountering new experiences. When you need courage and strength, **Tomato** (SN) helps you do battle. Replacing a despondent attitude, it supplies you with an invincible conviction in yourself, so you can overcome setbacks and address challenges. If you feel despair and depression then **Waratah** (AB) is advised as it will provide you with the guts and endurance to keep going through dark times or when you do not know where to turn.

Sometimes we may have no say in circumstances; some elements of our lives just disappearing. Dealing with the reality of this can be hard, but even though we may not see them as such, these aspects of our lives are removed because they are no longer working for us. Things move on, but immobilized by fear, we can find it hard to do the same. However difficult it may be, **Bog Rosemary** (ASK) enables us to take a risk by strengthening our trust. This essence supports us while we rise above our apprehension and move forward.

### **Adjust and move on**

Shock upheavals, surprise awakenings; Uranus transits do not give warnings. Helping to neutralise the upset, **Rescue remedy** (Bach) can be your ally. Find yourself in a state of affairs or circumstances that are completely different than you could ever imagine? Perhaps you feel deserted and alone, or maybe you are on a path or in a position that goes against socially accepted norms or is not supported by others? Alternatively you may be awakened to a new found independence and individuality, or you could be the one rebelling for much needed freedom. Take comfort with **Happy Wanderer** (AL) which inspires you to stand on your own two feet and do things by yourself. Overriding feelings of insecurity or apprehension, it enhances self assurance, confidence and determination. A new situation may bring freedom from old duties and obligations or perhaps liberation from patterns and routines that felt stifling or suppressing. Even though, this can be a lonely and isolated time whilst you re-evaluate your position. If you are feeling alone and separate, **Single Delight** (ASK) helps you feel connected with others and reminds you of the support that surrounds you.

### **A new way of being**

Pluto transits especially, can leave us with our beliefs about the world (or yourself) shattered. Releasing old thinking, attitudes or people can be daunting but it is particularly scary when this includes who we are - our personality. If you previously conformed to certain social expectations, identified yourself through mainly material aspects of life, or perhaps defined yourself by tradition and custom, you may now being prompted to re-define yourself and your life script, in a way that departs from these props. **Sagebrush** (FES) helps you come in touch with who you really are, and base your identity on what is genuine and not illusory. This essence encourages you to be true to yourself and with what is important and essential.

The more positive you remain in these times, the lighter your vibration; this makes it much easier to absorb changes and adapt to new circumstances.

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