



Astrological Guidance
Flower Essence Support
Holistic Energy Healing

~ From Earth and Above ~

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Allowing the Light of Understanding to Transform Discouragement And Depression

Primary Indications:

- * A baseline remedy for all states of depression; providing alchemical integration of light and shadow aspects in the soul identity
- * For any life crisis or loss, resulting in prolonged despondency and lacking positive outlook toward the future
- * For Seasonal Affective Disorder (SAD) or any disturbance in emotional well-being, sleep or eating, related to changes in light and warmth
- * For pronounced tendencies in the family of origin or family tree toward depression and despondency; proactive steps on the part of the soul to transform the predisposition for depression
- * Beneficial for animals who may live around depressive caretakers or similar joyless environments; or exhibit signs of seasonal despondency
- * For depression following any health crisis such as post-partum depression, drug rehabilitation or major surgery; alternate with Magenta Self-Healer

Positive qualities: Energized and sustained by a bright flame of optimism and joy for life; ability to maintain equilibrium when challenged by adversity, life transition or seasonal fluctuation; soul capacity to respond to any life crisis or setback as a new opportunity for growth and transformation

Patterns of imbalance: Lack of resiliency when tested by life challenges; needing to build sustainable structures of soul light that provide strength and sustenance during times of misfortune or hardship; history of depression, despondency, or seasonal affective disorder in oneself, family or household

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