



## Current Theme: Change

In Aotearoa, the home of NZ First Light Flower Essences® it's autumn, it's spring in the northern hemisphere and if you're somewhere in the middle, it's neither and you're heading towards the rainy season! Spring and Autumn are my favourite seasons. Some people refer to them as transition seasons as if they are the prelude to the main event. But for me these seasons are full of anticipation and possibilities and the changes are visceral. The short-lived nature of the four seasons means change is always a constant.

For some of us change can be unsettling and consistency can bring peace and stability. When we perceive that peace is waning with the changing leaf colour, the green shoots, the parched dry ground or the frozen puddle, we may feel the need to retreat. But change is part of the rhythm of life. And it tells us we are evolving. Too much change can be bewildering and heighten our sense of unease. During these periods in our life when we experience discomfort with change, I find it reassuring to know I don't have to slog on alone.

These uncomfortable feelings that can accompany change in our lives can rob us of so much enjoyment, growth and expansion. Some change, like the loss of a loved one, can feel unbearable or we can find ourselves stuck in a loop, unable to recover and move forward no matter how much we know it's the best thing for us.

When I lost both my parents in quick succession, I became trapped in a cycle of deep sorrow followed by a period which felt like I was climbing out of the pit to recovery, only to be plunged back down into that sorrow-filled state. This emotional rollercoaster was exhausting, and I was stuck. I used specific flower essences to get me out of my funk. Without needing hours of talk therapy, I used a gentle yet incredibly powerful modality to rebalance, recentre and revive. It was so gentle I didn't notice for a while that the sadness had gone, that I could think about my parents without feeling longing and pain, but when I did realise I was off the rollercoaster, I became a fair dinkum superfan of flower essences!

My training is in the use of First Light Flower Essences of New Zealand®. These are flower essences made from flowers, seeds, trees, ferns and plants that for the most part exist only in New Zealand (Aotearoa). The element they share in common is one of cooperation - they are our healing allies.

Three of the most important essences to support us through change are #78 Akeake, #44 Kahikatea and #75 Whau. Depending on what's going on with you, I may recommend a combination of all three or just one - everyone is different.

If you're struggling with the changes occurring in or around you, First Light Flower Essences of NZ® are a beautiful healing modality that asks nothing of you, never judges and when you work with a qualified practitioner, always supplies just what you need, when you need it.