

Aconitum - Monkshood

*Releasing Negative Thinking and Need To Control
Attracting A Positive Reality of Benefit to All*



- ❑ This powerfully releases long-term negativity from all energy bodies including the aura.
- ❑ It's good for anxiety and if we're afraid of flying.
- ❑ It's useful for patterns of rigidity or a need to control. It releases any need to define another's reality or to limit our own version of reality, opening us up to a much more flexible outlook.
- ❑ It enhances self-reflection: turning us within to develop inner wisdom, to see where our actions and attitudes have affected those we've loved and to find self-compassion and self-forgiveness.
- ❑ Aconitum helps when buried trauma is causing us to project onto others. If this is the case, then we need to process and release it. If the wound isn't healed, we may feel pessimistic or hopeless. Consequently, we may not listen attentively to others, as our own unmet needs are claiming our attention. We often play our cards close to our chest. We may – consciously or unconsciously - create emotional drama to communicate needs, get attention or obtain what we want. We may have passive-aggressive patterns, as we don't feel in control of our life and decisions.
- ❑ This essence is for those with the power to make a difference, whether simply through how you live your life, or through art, writing, teaching or other forms of creativity and communication.
- ❑ This essence helps those personalities who may go into medicine, the healing arts, psychology, medical pathology or forensics. Your understanding of human nature is well-developed.
- ❑ Monkshood heightens awareness of unhealthy patterns and encourages a healthier lifestyle with appropriate diet, relationships, work, environment and exercise.
- ❑ As we develop a healthy awareness that we're ultimately responsible for ourselves and our wellbeing, we become increasingly able to see beyond the self to the needs of our community.
- ❑ This essence helps us understand how we create our own reality and enables us to attract that which we need to thrive - to move towards that which is life affirming rather than life denying.
- ❑ Useful Affirmation: *'I release negative thoughts and replace them with positive ones effortlessly.'*

Please Note: Individual essences are not available from Spirit of Transformation, as a spiritually guided bespoke blend is much more powerful. If this essence resonates for you, then order an attunement to receive your personal essence blend, mentioning in your email that you'd like this particular essence as part of your attunement blend.

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

This essence is part of the Spirit of Transformation Scorpio-Pluto blend:

<http://www.spiritoftransformation.com/planetaryessences.htm#scorpio>

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

Hummingbird Remedies: http://www.druidlabs.com/hbr/flowers_mno.html

Eileen Nauman: https://gator147.hostgator.com/~eileen/store/copy/fe_aconite.html

Morningstar Essences: <http://morningstar.netfirms.com/flower2.html>

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