

# Rhododendron

*Releasing Workaholism, Obstinance and Insistence  
Bringing Relaxation, Flexibility, Lightness*



- ☒ Helps us towards following the will of the spirit.
- ☒ Helps us be less obstinate and rigid. It encourages us to be more flexible and open to change.
- ☒ It's excellent when we try and force a solution, rather than trust in the flow.
- ☒ We may feel desperation, frustration or blame; trying harder and harder when it's better to step back and take a quiet look at the bigger picture.
- ☒ It helps us detach from our beliefs and view things from our soul's perspective so we can lighten up and see how we've become trapped, particularly by the belief that there's an answer to everything.
- ☒ The fixed ideas creating these states may have their roots in our childhood. Rhododendron patterns often develop when we've tried to meet parental expectations, such as around school work.
- ☒ When we're holding on to the past and past ways of doing things, Rhododendron can help us let go.
- ☒ This is a great essence for overwork, encouraging a less frenetic, more relaxed approach to life.
- ☒ This is an excellent essence if we're stubborn, too single-minded or find ourselves endlessly repeating experiences and relationships.
- ☒ It gives us insight into the higher reality of a situation and faith so that we can react from an attitude which supports our growth rather than defends an old position, thus creating a new experience.

**Please Note:** Individual essences are not available from Spirit of Transformation, as a 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 Mars-Aries blend by Spirit of Transformation:**

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

**This essence is part of the Spirit of Transformation Finding Perspective blend:**

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

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Bailey Flower Essences: [http://www.baileyessences.com/cgi-bin/atoz\\_bailey.pl?bailey#1](http://www.baileyessences.com/cgi-bin/atoz_bailey.pl?bailey#1)

South African Flower Essences: [http://safloweressences.co.za/Rhododendron\\_Essence.html](http://safloweressences.co.za/Rhododendron_Essence.html)

Photo by Nikki Wyatt

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