

## The Water Signs and the soul-lesson of Peace



Being a Cancerian is often like being tossed around like a boat in a high sea of emotions; Cancerians can feel that they are at the mercy of their feelings. Your quest is to quell these turbulent emotions by embracing your soul-lesson of inner peace. This will quite likely be your life's journey, as you learn the best way to overcome and handle your vivid imagination, self-inflicted worry or the invading energies of other people. With your kind and helpful disposition, it is very easy for you to assume the caring role, but in doing so you can sometimes become resentful of or even exhausted by these demands. You can often carry the expectation that you should take on more than your fair share of commitments or responsibilities. **Boab** (AB) essence is powerful enough to release these unhealthy thought-patterns or detrimental habits. With the assistance of this essence, you are able to make your own decisions without feeling trapped by family expectations or beliefs. Known as 'The Healer's Healer', **Raspberry** (SN) essence is suitable for the Cancerian who is so often the healer and nurturer of others. Being closely involved with others, you can take what they say to you too personally. **Raspberry** increases understanding and wisdom, enhancing your ability to let things go and release past hurts. The Cancer person loves to have someone or something to care for, but balance is required as they may try to find self-esteem, respect or love by trying to please others. **Leafless Orchid** (AL) essence deepens your understanding of exactly what being a carer is. Its supportive energy increases wisdom so you know exactly when to stand back and exactly how much is healthy to give to others.



In attaining your soul-lesson of inner peace, life may bring you tests that include opportunities to conquer your strong feelings. You will be functioning at your highest potential when you can rise above these feelings and when you are not ruled and controlled by your passionate emotions and powerful natures. For some of you, part of your lesson of learning peace is to release your hold over others and learn to use your own power more effectively. The transformation of uneasy feelings into love, patience, respect and consideration is a key attribute of **Grape** (SN) essence. By helping to change any uncomfortable feelings or negative emotions, this essence brings about a more peaceful and loving nature. As you do so, feelings of vulnerability, neediness and other unloving attitudes are released. So good are you at picking up another's feelings and moods, that you can usually sense

what another feels, or the dynamics of a situation, without having had a verbal explanation. This sensitivity means that you can be inharmoniously affected by others. The shielding strength of **Hybrid Pink Fairy Cowslip Orchid** (AL) essence creates a wellbeing note of inner strength and resilience. Although adept at understanding others, you hate feeling vulnerable and like to be in charge. Your capacity to understand how another feels and to be able to regenerate and revitalize them is a positive use of your characteristics. This way, your penetrating energy is used to its highest potential and can be directed into a powerful source of healing or benefit for others. **Chicory** (B) essence promotes a feeling of safety and security. It enables you to give love and devotion to others selflessly, without conditions, expectations or need for attention.



It is your ability unconsciously to perceive things from a non-rational viewpoint that gives you, along with the other water signs, the ability to be in touch with your intuition. In achieving your soul-lesson of inner peace, your objective is to learn to use this faculty wisely. By listening to your whispers, yet applying some wisdom and discrimination, you will not be overcome by feelings, emotions or fears. It is quite likely that you will want to spend some of your life serving and caring for others in some way and it is in this capacity you are often drawn to charity work or improving the lot of humanity. It is most important that you develop the strength to cope with these demands by creating your own boundaries, and by putting yourself first at times. **Daisy** (F) essence assists the sensitive and vulnerable Piscean by creating an energetic barrier that is impervious to any confusion, disorder or distraction. It is protecting, centering and strengthening if you are easily influenced against your better judgment. Succumbing to the workings of your wild imagination, your thoughts and your perceptions, you can become fearful of just about anything! Vague fears seem to arise from nowhere; this uneasiness can make you apprehensive and fearful about life. **Aspen** (B) essence dispels these feelings of nervousness and unease, enabling you to feel safe and secure enough to tackle life without fear. Working at both the emotional and mental level, the energy of **Alpine Mint Bush** (AB) essence has a renewing quality, revitalizing individuals worn down by responsibility for others. If you work in any sort of caring position or in the service or welfare of others, this essence rejuvenates and increases motivation and enthusiasm in your work.

AB= Australian Bush, AL= Australian Living, ASK=Alaskan, B=Bach, F=Findhorn, LH=Light Heart, PAC=Pacific, SN=Spirit in Nature