

Depression



Amaranthus – Green Tails

Healing depression

The flower essence for assisting one to see through the myth of “depression”, to come to realize that depression is just a state of mind, and that we do always have the ability to choose what state our mind will be in, and that there is no person, thing, or circumstance outside of ourself that can force us to be “depressed”.

**Affirmation: “I now see the truth about my ability
to choose my state of mind.”**

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