

Moving On to Happiness



Embracing sweetness

The flower essence for helping a person to let go of their perception of being stuck in a state of unhappiness and discontent, and allow themselves to move on into a state of experiencing the “sweetness of life”.

Being “unhappy”, or being “happy”, both of these are a state of mind, and all of us have the free-will to choose which one we will experience.

We can choose to stay stuck in a mental winter, or we can choose to move into a “summer of the mind”.

Affirmation: “I banish my unhappiness and I embrace sweetness into my life.”

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