

# Keeping On No Matter What

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## Aeschynanthus – Mona Lisa

### Resolving feeling stuck and blocked

The flower essence for everything to do with feeling “blocked” or stuck, and to do with the choice of giving up versus keeping on and on, no matter what.

To help one to see that ultimately, it is always only oneself who can ever “block” one from anything, and once this is fully seen and understood, the so-called blockage just melts away.

**Affirmation:** “I now see the truth of this blockage,  
and free myself from this illusion.”

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