



*A smaller plant among tall grasses,  
Star Gentian shines an indigo glow in mountain elevations and wet soils.*



## Star Gentian

For feelings of anger, blame or fear towards a life change or necessary life transition. Promotes inner courage to face one's own feelings around the change and an ability to feel gratitude towards those who offer help and the blessings offered in the present.

The lovely indigo Star Gentian flower offers a blessing of love and healing to those whose hearts and minds are being consumed by feelings of bitterness.



Despair  
stemming from a perceived loss  
of property, personal power or independence  
due to a change in one's health, wealth, job or living situation  
can create deep-seated anger  
towards the situation and those individuals involved.

Engaging in an Earthly incarnation  
requires the soul to participate in a gamut of changing dynamics  
as the soul is progressed through a lifetime of challenging roles with divergent scripts.  
Illness, misfortune or age-related decline  
may necessitate changes in one's living situation  
or promote the need for assistance  
as one can no longer adequately care for oneself.

If the soul does not at some level accept the challenge and the need for change,  
one views the situation as unfair  
or undeserved  
and looks outwardly to ferret out the source of one's inner pain.

Resentment towards one's caregivers, employers, government or even one's God  
is an effort to anesthetize one's fear of change  
by detracting one's energies from self-responsibility to world blame.

Life offers no insurance policy against painful situations or challenging events.  
If one is to step forward at all  
one will meet something new.

The Star Gentian flower essence  
meets those whose fear of change is so great  
they plunge backward into a place that no longer exists.



Being so entirely obsessed with one's own problems,  
one's ability to be compassionate or accept the help of others is occluded,  
often by escalating anger  
and a spiral of dark non-rational thoughts.

The confining emotional energy of holding on to one's past so tightly  
interrupts one's ability to feel gratitude for the blessings of present experiences.

The sunshine moments of one's life are unfelt  
as one is lost to mental and emotional confusion,  
furthering the despair and depression consuming one's personality  
while those who try to help one progress  
may receive criticism, blame or even rage for their efforts.

The Star Gentian essence works with the core of these emotions,  
helping the heart to find solace  
and a sense of understanding  
that penetrates one's grief  
like an understanding friend  
who can hold one's hand while encouraging the next step.

Gently promoting inner courage  
to both face and own one's own feelings around change,  
the essence meets one's emotions of situational betrayal  
by challenging a basic belief ~  
that one has the "right to" continue experiencing what one has "already" experienced.

Spiritual growth requires one's life to continue as an evolutionary journey,  
perpetually offering opportunities for new growth, blessings, deeper love  
and opportunities for peace.

Supporting one's perceptive abilities to experience life openly and gracefully,  
the Star Gentian essence  
can help to recover one's optimism  
during times when one is required to make a transition.



As the personality

begins to accept its own responsibility for self condition and life experience,  
one's emotions regain flexibility,  
motivating the adaptability  
to experience one's new situation with consideration for both self and others.

Strengthening one's capacity

to feel a sense of both Divine trust and self-acceptance of responsibility  
provides the bridge that restores one's feelings of personal integrity and power.

Aligning one's self-will with Divine will,  
the soul can experience transition as an opportunity for progress,  
promoting gratefulness and allowing blessings to flow!

