BLUE TANSY

Inspired Action

Blue Tansy supports those who resist taking action to change or transform their circumstances. It is especially helpful when individuals have become stagnant in their progression. It provides a kind of catalytic spark that overcomes the tendency to vacillate, avoid, or procrastinate. Blue Tansy necessitates that individuals choose to take the helm of their life. It also encourages individuals to live in alignment with the whisperings of their inner voice, prompting them to make necessary changes. When an individual represses these messages, they often feel lethargic, drained, apathetic, sluggish, and exhausted. Blue Tansy invites individuals to take the initiative to reclaim the life they dream of.

Blue Tansy invites individuals to manifest their passion into action. This is especially important when there is a desire to retreat or self-sabotage. By creating more inward mobility, Blue Tansy encourages them to accept all that is, including emotional setbacks and other challenges which must be overcome to actualize inspiration and sustain change. Blue Tansy teaches that each act is based on choice and requires individuals to own the responsibility of their cumulative choices. It demands personal mastery and purposeful action in achieving one's fullest potential.

NEGATIVE EMOTIONS: Procrastinating, resisting change and inner guidance, uninspired, exhausted, lethargic, apathetic, self-sabotage

POSITIVE PROPERTIES: Inspired, initiative, committed, responsive, energized, motivated, purposeful, responsible

COMPANION OILS: Litsea, Coriander, Roman Chamomile, Fennel, Turmeric

SUGGESTED USES:

Aromatic: Inhale from bottle or diffuse.

Topical: Dilute 1-3 drops with carrier oil and apply behind ears, on wrists, over solar plexus (upper stomach), or on bottom of feet.