



## **Katsura**

*Cercidiphyllum japonicum*  
*Cercidiphyllaceae*

### **Confidence**

#### **Pronunciation:**

cat-SOO-ruh

#### **Indication:**

Katsura Flower Essence aids in finding one's innate capacity for learning and ability to take on new challenges. Gives confidence in exploring new avenues of self. Relieves nervousness and helps maintain focus while teaching.

#### **Keywords:**

Challenge, Confidence, Growth, Learning



### **Message from Katsura Flower Essence:**

We are a type of teacher, as are many plants. Our teaching capacity is more literal in meaning though, and we serve to show others their innate capacity for learning and ability to take on new challenges.

We facilitate in the gathering together of groups to aid in the transmission and dissemination of knowledge and learning.

Here is how to release fear or lack of courage in yourself. Whenever this anxiety rises, allow the image of our form to come into your mind. See the roots drawing nourishment and stability from the earth. You too can draw on the endless resource of the planet in this way.

Do you think a tree worries about generating income, opportunities, business? Clearly not, a tree well situated, well grounded, in perfect placement, simply allows all building blocks of life to come to her. She does her job, drawing nourishment from deep below the surface. All striving is in the growth points – the leaf tips, the new roots. Truly, these are delicate and easily thwarted, but that is as it should be. If all your ideas and aspirations were to manifest fully instantaneously how hard would life be? It would be overcrowded with these fully realized creations, which are all only partially formed ideas.

The system is intended to create slowly, so there is time for strong healthy and balanced growth of ideas into reality.

As your ideas and desires take form, continuously guide them into correct form, into the most beautiful and useful creation you can imagine. This is how it should be.