



## Yellow Catnip

*Nepeta govaniiana*  
*Lamiaceae*

### Calming Stress

#### Indication:

Yellow Catnip Flower Essence rebalances and calms the nervous system while giving us a deeper understanding of the origins of stress. Learning to see stress as a disconnection from the right flow of our life, we begin to look for synchronicity and develop trust in Divine timing.

#### Keywords:

Calm, Change, False Beliefs, Impermanence, Nervous System, Stress, Synchronicity, Transformation, Trust, Uncertainty



### Message from Yellow Catnip Flower Essence:

Our family group is one of purifying energies, protective and throwing off disease or impurity. Specifically, in our case, we throw off impurity of identity. For any time you have a misconception within your ego state, it does not permit you to act with your perfect soul identity. These false concepts keep you from walking your true path in alignment. The concepts you have picked up along the way from your culture, your childhood, your experiences – you have absorbed influence from all these things. It is appropriate for you to have experienced these things, just not that you should internalize them as truth for your being. It is of great value to you to have varied and intense experiences, but part of your soul journey is to discover what is true for you as a distinct and individual soul. All else can be dropped away, as so many false concepts.

The remedy can be used in cases of extreme stress. The stress burns the system, and our essence can help rebalance into equilibrium. Soothing and equalizing the electrical and nervous system is a primary mode of action.

For the most part, stress, as you experience it, is a disconnection from right flow with your life. There is a path to flow within all existences, and this can be navigated with attention. But when you work against the flow – you work against the greater forces in your life path. (the joke here is the greater forces are YOU!) You (as you commonly think of yourself, individual thought being, separate from the collective) are not in charge of creating the flow – you are in charge of riding it and allowing it to carry you where you need to go. When you forget this truth, you step out of the synchronicities you are creating for yourself. Life stops working smoothly and easily – and you experience stress. Stress is a sign to slow down, relocate your flow point – and then resume.