



Centaury

Category 5 - for those over-sensitive to influence and ideas

Personal characteristics:

- Is kind and helpful, but can't say no,
- Wants to help everyone and won't let anyone down,
- Is weak-willed and can be dominated and manipulated by stronger characters,
- Finds themselves overworked and tired by helping all these other people,
- Spends too little time getting on with their own lives and working towards their own goals,
- Doesn't want to hurt others by not helping them,
- Gets annoyed with themselves for not being able to say no,
- Knows they are weak and feels hurt that they can't stand up for themselves.

What the remedy can do:

Doesn't change the person's good nature, but enables them to choose who needs their help,

Enables them to draw a line in the sand and halt excessive workloads,

Encourages them to remain gentle, allows them be firm when they need to be, and gain respect from others.

Mimulus



Category 1 - for those who have fear

Personal characteristics:

- Is shy, sensitive and nervous: blushes easily and is uneasy or embarrassed in company,
- Dislikes social gatherings because they are self-conscious and reserved, and doesn't like to "join in".
- Has fears of all sorts of everyday things such as pain, cancer, of the dark, of poverty, flying, spiders, mice, snakes or birds,
- Doesn't really want to be alone despite not liking social gatherings,
- Will not volunteer to talk about their fears, but will be honest if asked about them directly,
- Sees life as a burden and can withdraw as a way of coping with stress or pressure,
- Can be physically prone to illness as a result of excessive stress.

What the remedy can do:

Helps control and defeat anxiety, and replace it with cheerful thoughts,
Gives them courage to face their fears and put them in the context of everyday life,
Allows better balance into their lives.