

# Enmeshment

For the past 26 years I have expressed a fascination with the themes that develop on a weekly, monthly and yearly basis with the clients who I work with as a holistic health nurse, specializing in kinesiology or muscle testing. I've said all this time that I should really keep track of them. And ... I never did. Well, I've decided that the time is now to follow the interesting story that develops with the people who are willing to share their problems, their desperations, their traumas and their souls with me.

One of the themes for the past year has centered around the concept of prison - feeling a prisoner in your mind and body. It has been a step by step process starting with the awareness that the "prison" exists (and has been for some time) and then being willing to step out towards freedom. That part has proven to be scary for most. Freedom is a great concept but if you haven't experienced it before, you have no parameters that allow you to feel safe.



For many of the women who I work with, the prison that they find themselves in has to do with the concept of **enmeshment**.

Think about throwing all of your silver and gold necklaces in a bag and packing for a vacation. When you open the jewelry bag you find the necklaces intertwined and knotted. It's hard to



untangle them without a lot of frustration. This is what enmeshment looks and feels like. It's hard to know what is yours and what is theirs, from emotions to thoughts to fears and beliefs.

Flower essences are wonderful vibrational gifts that help you release and heal energy blocks that are holding you back. The

flower essence that supports you through this issue of co-dependence and enmeshment is an Australian Bush Flower Essence called **Monga Waratah**. The positive healing energy of this flower is about strengthening your will and reclaiming your spirit. In the process, you are able to find the strength to leave a situation or relationship that is stifling or dis-empowering.



The standard procedure for taking the flower essence is 7 drops, twice a day for two weeks. They can be taken under the tongue, in a glass of water or you can simply put the drops in the palms of your hands.

So, check in with yourself. Is there a situation or relationship that needs to be resolved? Do you need to free yourself from a thought, belief, fear, person, situation that is holding you back from the freedom that you would like to experience? Awareness is the first step towards any change.

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