

# Mustard

*Sinapis sp.*

Mustard is the remedy to address the affliction of a dark depression that is deeply rooted within certain of us. Such pain is created by a wounding at the core of our being, a wound that is carried through life. It could have occurred in childhood, a traumatic episode at a vulnerable age, for example, or be a wound that has been carried across from a previous life. For some it can be traced through successive generations of their family.

The negative mental state of Mustard is very dark, even the sunniest of days can seem drab. Death seems much more inviting than life. Rare glimpses of the light only serve to highlight the darkness further. This state creates a deep sense of loneliness and isolation. Souls afflicted in this manner are sensitive individuals, easily affected by moods and hormonal changes: their own sensitivity only serves to increase the suffering.

Suggested uses for Mustard:

- for depression and darkness of mind
- for the sense of being cut off from the source of light and any help
- when fear of deep wounds from childhood / past lives / inherited is present
- when there is a struggle to live as death feels close
- when sensitivity increases the suffering
- for the feeling of being overwhelmed by suffering
- when polarities in consciousness become heightened: good and bad, light and dark, etc.
- for persistent or long term problems that are linked to such mental states.

Deep within the light body there is a pulse, a foundational vibration linked to our desire to live. The weakening of this pulse can lead to the mustard state of mind. We have difficulty in maintaining the function of basic aspects of our life such as sleep, eating, caring for ourselves, a positive outlook and self-respect. The use of mustard remedy restores this pulse and thereby encourages us to act in ways that make us feel better about ourselves and our immediate environment.

In broad sweeps Mustard paints the spring green of the pastures with its characteristic yellow. To the shepherd, with his flock of sheep, it is a wonderful source of forage: a plant to be encouraged, increasing the milk yields of his ewes.

For the farmer, it is a prolific plant with many hybrids being produced for agricultural uses. To our taste the seeds are strong and pungent, a reminder of Mustard's potent life force. We see it on the wasteland as a cloud of yellow flowers.