

Borage

Safety, Happiness and Togetherness



- ☒ Borage increases courage, drives away sorrow and makes us happier.
- ☒ Useful for any situation which is difficult to face, where there's sadness and heaviness in the heart.
- ☒ It opens the heart chakra and any tensions in the emotional body are greatly eased.
- ☒ We're able to feel more love and compassion, as this essence strengthens the heart meridian
- ☒ Feelings of discouragement turn to optimism and that challenges can easily be resolved.
- ☒ It brings a sense of 'togetherness' with family, friends and community.
- ☒ It can ease sore throats caused by not being able to ask for what we need.
- ☒ It is helpful when we don't trust our needs will be provided for.
- ☒ Greater bonding with our animals will usually be noticed when we take this essence
- ☒ It can help us assimilate air at higher altitudes, especially if we're air signs, astrologically speaking.
- ☒ Allows us to feel safe and loved in the world, knowing that life supports us in the unfolding of our Soul energy and its expression.
- ☒ Promotes feelings of optimism and that challenges can easily be resolved.
- ☒ You may notice a bonding or attraction to a particular plant when taking borage. It may indicate that its essence would be beneficial for you.
- ☒ Useful Affirmation: *'All of life supports the unfolding of the expression of my soul'*

Please Note: Individual essences are not available from Spirit of Transformation, as a bespoke blend is much more powerful. If this essence resonates for you, then order a spiritually guided attunement to receive your personal essence blend, mentioning in your email that you'd like this particular essence as part of your blend.

Click here for attunements: <http://www.spiritoftransformation.com/Attunements.htm>

This essence is part of the Spirit of Transformation Taurus-Earth/Venus blend:

<http://www.spiritoftransformation.com/planetaryessences.htm#taurus>

Acknowledgement and Thanks

With acknowledgement and thanks for this information to:

Crystal Herbs: http://www.crystalherbs.com/shop/aftrack.asp?ID=74&Req=prodtype.asp?PT_ID=81

Morningstar Essences: <http://morningstar.netfirms.com/floweraf.html>

and the Gurudas Essence Books: <http://www.spiritoftransformation.com/essencedirectory.htm#recommendedreading>

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N.B: Using essences is not a substitute for medical attention - if you're ill consult a medical practitioner.