

# Buttercup

## *Self-Worth, Trust and Loving-Kindness*



- ☒ This essence increases our awareness that self worth comes from within, not from people's evaluations or judgements of us.
- ☒ It comforts us when we feel overwhelmed, bringing adaptability, self-confidence and resilience.
- ☒ It helps us to re-establish healthy boundaries and brings awareness of our environment.
- ☒ It encourages us to appreciate all that is good in our life; to feel pleasure and joy in the moment.
- ☒ It can help bring stability to teenagers at a time when they may swing between extremes.
- ☒ It creates a settled state which allows us to patiently wait for the next stage of growth without pushing things before they're ready or feeling discouraged at an apparent lack of movement.
- ☒ It connects us to our inner child and the fairy kingdom, showing us the key to nature.
- ☒ It allows us to feel successful and valued no matter what stage of life we have reached.
- ☒ It attunes us to the light and beauty of our own soul, not comparing ourself to others but recognising that all Souls are beautiful and worthy in the eyes of the Universe.
- ☒ It makes us aware of our own hidden gifts and encourages us to share them with others.
- ☒ It's useful to overcome timidity, especially in groups where we'd like to play our part.
- ☒ Buttercup is useful when we need to open up and let the sunshine into our life.
- ☒ Often if we need buttercup we have a sunny nature that has been suppressed. Because of our experiences, we may have developed a negative view of the world. We might have become cynical, seeing negative motives or hidden agendas in good deeds performed by others.
- ☒ We may have been badly treated in the past so that our faith in others has been severely shaken. Perhaps we trusted someone and then felt betrayed.
- ☒ Buttercup is helpful when we feel distrustful, when we look for ulterior motives in other people's actions. This pattern can show in such things as telling jokes with a cutting edge.
- ☒ Buttercup encourages us to see people as they really are, warts and all, with love and compassion and without judgement.
- ☒ Useful Affirmation: *'I am beautiful and worthy just as I am!'*

**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 attunement.

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

**This essence is part of the Spirit of Transformation Capricorn-Saturn blend:**

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

**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](http://www.crystalherbs.com/shop/aftrack.asp?ID=74&Req=prodtype.asp?PT_ID=81)

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

Bailey Essences: [http://www.healthlines.co.uk/FLOWER\\_ESSENCES/Bailey\\_Essences/baill.php#butc](http://www.healthlines.co.uk/FLOWER_ESSENCES/Bailey_Essences/baill.php#butc)

Ananda Apothecary: <http://www.anandaapothecary.com/fes-north-american-flower-essences/buttercup-flower-essence.html>

Photo courtesy of Ans Deblauwe: <http://www.flickr.com/photos/ansdeblauwe/493515320/>

Copyright: Nikki Wyatt, Spirit of Transformation. All rights reserved.

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