

Comfrey

*Creating time and space to heal
Creating new mental pathways and deep earth connections*



- ☒ Comfrey stimulates the release of unconscious thought patterns and ideas.
- ☒ It influences the mental body and the base chakra.
- ☒ It works on the sexual chakra which is a main reflex point for the nervous system.
- ☒ Helps us to rechannel brain messages.
- ☒ Comfrey can help lost memories, abilities and understandings to surface.
- ☒ Helps balance the left and right brain. Excellent for Hatha Yoga practitioners.
- ☒ It helps us when we're coming to the end of a cycle.
- ☒ It improves memory, dream recall and enables us to relax by releasing subconscious tension.
- ☒ It gives us a deep connection to the Earth and the natural world.
- ☒ It helps us develop and initiate new projects and increases strength of character.
- ☒ It helps create the time and space to heal and be creative.
- ☒ It promotes curiosity and joy.
- ☒ It helps when we avoid being in the now by daydreaming or resisting connecting to the current situation, often due to past trauma and fear.
- ☒ It grounds, stabilises and balances us, increasing our desire to be here on Earth.
- ☒ It helps us when we are impatient with our own healing process so we are resisting our current situation, perhaps by living in the future.

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 Cancer - Moon blend:

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

This essence is part of the Spirit of Transformation Healthy Rhythms –Release Overwork blend:

<http://www.spiritoftransformation.com/transformationessences.htm#healthyrhythms>

This essence is part of the Be Here Now blend by Spirit of Transformation:

<http://www.spiritoftransformation.com/transformationessences.htm#beherenow>

Acknowledgement and Thanks With acknowledgement and thanks for this information to:

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

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

Photo by Anne Elliot: <http://www.flickr.com/photos/annelliott/1271434464/>
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.