

# Dandelion

## *Relaxation and Completion Releasing Family Issues*



- ☒ Influences the mental and emotional bodies releasing emotional tensions and helping us to confront emotional problems more easily.
- ☒ It aids relaxation in the physical body, especially in the muscles.
- ☒ It's associated with the chakra at the arch of the foot which links to the small intestine.
- ☒ It provides deeper attunement to the Earth, allowing us to draw on deep resources and inner resolve.
- ☒ It's very good for those of us living an overstressed lifestyle where we may drive ourselves hard and mental tension becomes locked in the muscles.
- ☒ Dandelion helps release fear, shock or any strong emotion of unknown origin held in the body.
- ☒ It allows for deep peace and relaxation in the knowledge we are protected by the Universe.
- ☒ It can release forgotten feelings which have led to frustration, allowing us to move forward with clarity and make choices in the light of self honesty.
- ☒ It's a great essence if we're an over-achiever or compulsive person, bringing relaxation to our constant activities. We might over plan and over do our life beyond what is physically suitable. Dandelion teaches us how to listen more closely to the emotional messages our body needs.
- ☒ As emotions release, spirit flows more effortlessly through the body and the tension disappears.
- ☒ Dandelion is especially good at releasing hatred and resentment, and helping us feel centred.
- ☒ Dandelion flower essence helps us feel the importance of family, aiding in releasing family issues.
- ☒ It heals a feeling of abandonment or lack of love from parents.
- ☒ It teaches us to persevere through adversity and helps us to complete projects.

**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 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 Capricorn-Saturn blend:**  
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**This essence is part of the Spirit of Transformation Healthy Rhythms blend:**  
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Ananda Apothecary: <http://www.anandaapothecary.com/fes-north-american-flower-essences/dandelion-flower-essence.html>

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