

Dandelion

Relaxation and Completion

Releasing Family Issues



- ☒ It releases tension, trauma or strong emotion such as hatred or resentment held in the body.
- ☒ It's resonant with the chakra at the arch of the foot which connects to the small intestine.
- ☒ It connects us more deeply to the Earth, so we can 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 intense emotion of unknown origin held in the body.
- ☒ It brings deep peace and relaxation in the realisation that we're protected by the Universe.
- ☒ It can release buried feelings of frustration, so we're clearer about our next steps and and make choices from a deeper self-awareness.
- ☒ It's a great essence if we're an over-achiever or compulsive person, bringing relaxation to our constant activities. We might overcommit beyond what is healthy.
- ☒ Dandelion teaches us to respond to emotional and physical messages.
- ☒ As soon as emotions release, spirit flows effortlessly through the body and tension disappears.
- ☒ Dandelion increases our awareness of the importance of family, helping us release family issues.
- ☒ It heals a feeling of abandonment or lack of love from parents.
- ☒ It teaches us to keep going through challenging times and helps us complete projects.
- ☒ Useful Affirmation: *'I relax into my spiritual connection, allowing release, forgiveness and healing of family karma'*

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