

Forget Me Not

Clarifying Karmic Relationships and Soul Connections

A Clear Memory and Refreshing Sleep



- ☒ This essence can help us think more clearly especially in emergency situations. It aids memory.
- ☒ It aligns the emotional and mental bodies, releasing anxiety and can be indicated when we're having bad dreams or talking or walking in our sleep.
- ☒ It helps us communicate more easily with spiritual realms during sleep and often brings up concerns buried in the subconscious into dreams which we can then easily remember.
- ☒ This essence works primarily in the crown chakra and pineal area, bringing in higher wisdom, especially during meditation.
- ☒ It helps us to find greater emotional stability and to feel the oneness with all life when we may be feeling disconnected and alone.
- ☒ It encourages us to take responsibility for ourselves.
- ☒ It's an effective essence taken after the first stages of bereavement, helping us feel the loving connection with the person who has passed on.
- ☒ It can support us in releasing unhealed feelings of loneliness and abandonment when we lost a beloved relative, friend or pet as a child.
- ☒ This essence can help us connect with souls not currently in physical incarnation. For example the soul of a baby waiting to be born or that of a loved one who has passed on.
- ☒ It can bring insights into the karmic nature of our relationships, showing us their gifts and lessons.
- ☒ Useful Affirmation: *'I'm calm, think clearly and become aware of my soul connection with others.'*

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 an 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 Pisces-Neptune blend:

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

This essence is part of the Spirit of Transformation Karmic Relationships blend:

<http://www.spiritoftransformation.com/karmicessences1.htm#karmicrelationships>

This essence is part of the Spirit of Transformation Karmic Loneliness blend:

<http://www.spiritoftransformation.com/karmicessences1.htm#karmicloueliness>

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

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Ananda Apothecary: <http://www.anandaapothecary.com/fes-north-american-flower-essences/forget-me-not-flower-essence.html>

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

Photo by Nikki Wyatt

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