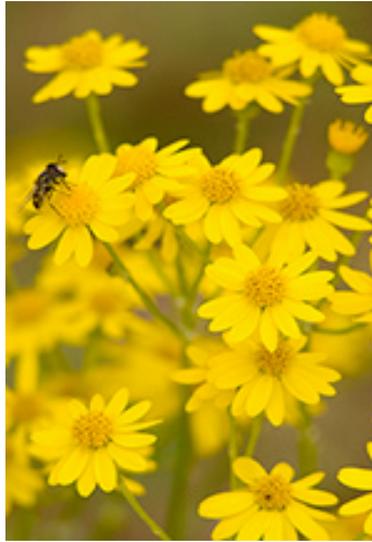


Groundsel

Connecting to Oneness – All is Well Calm Reassurance



- ☒ Groundsel integrates ideas into the physical level.
- ☒ It releases the need to control or to conform to expectations others may have of you.
- ☒ As our ideas become more flexible we can be willing to other points of view with more clarity.
- ☒ Believing another has a right to their own lessons and experiences, we can step back and allow this without judgement or manipulation.
- ☒ It allows us to live without attachment to past experiences and projections, whether ours or others.
- ☒ We become more self-sufficient as we no longer need for validation from others.
- ☒ It brings the nervous system into connection with life around you and encourages you to recognise that there is a safe and meaningful pattern to all of life.
- ☒ Global dramas don't have to uproot your connection with the earth around you.
- ☒ It brings a sense of safety and familiarity and aligns us with meaningful, healthy energy patterns.
- ☒ Through the first, second and third chakras it brings us into a state of openness, acceptance, and relaxation with the flow of life in relationship with people and events around us.
- ☒ It can help release the anxiety of separation or being different or feeling alienated.
- ☒ It enables us to balance extremes of view and experience to create a sense of harmony and unity.
- ☒ It reassures us that there is a true connection with all life at all times, even though mentally it may not be apparent or obvious.
- ☒ Its gentle calming quality is the kind of energy you might get from grandparents tucking you into bed. It makes you realize that it's perfectly okay to be here and that for the most part, life will be established on the planet for the good of all.

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>

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

Hummingbird Remedies: http://www.druidlabs.com/hbr/flowers_ghi.html

Flower Essence magazine: <http://www.floweressencemagazine.com/blog/?p=54>

Green Man Essences: <http://www.greenmantrees.demon.co.uk/flower.html>

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