

Hellebore

Moving On From Grief and Past Hurt Releasing Negative Beliefs to Embrace a Bright Future



- ☒ This essence soothes sorrow, sadness or pining with kindness, bringing calm acceptance.
- ☒ It renews at a soul level making us aware when grief is ready to be integrated, so we can move on.
- ☒ It can strengthen healthy mental boundaries, encouraging a release of negative external influences.
- ☒ It encourage us to release old beliefs which are no longer in alignment with our soul truth.
- ☒ It can support us in addressing our greatest fears.
- ☒ It can bring a higher perspective when we're concerned about growing older.
- ☒ It can ease past pain held in the heart chakra, helping to resolve resentment so we can start afresh.
- ☒ It is an essence which you will feel drawn to at a soul level when you need it.
- ☒ It helps you when you're ready to move out of resistance and step forward again with optimism.
- ☒ It chases away darkness, filling you with renewed energy, with truth, light and new growth.
- ☒ Useful Affirmation: *'I lovingly allow old hurts to heal. I release the darkness and move forward into the light of a bright new 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 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 Karmic Grief blend:

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

Acknowledgement and Thanks With acknowledgement and thanks for this information to Touchwood Plant and Flower Essences: <http://www.touchwoodplants.co.uk/Essences.htm>

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

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