

**Lavatera Barnsley**  
*Releasing Shame and Fear*  
*For a Healthy Balanced Use of Power and Sexuality*



- ☒ This essence works on the fear of power; helping us to be comfortable in our own power, and to enjoy feeling strong and vibrant.
- ☒ It encourages us to enjoy feelings of power, and to enjoy our own body, especially our skin.
- ☒ People taking it report feelings of empowerment and an increased ability to state appropriate boundaries with the opposite sex.
- ☒ It can increase feelings of sexual power; helping us feel confident and proud to be sexual rather than fearing sexuality.
- ☒ It brings an increased sense of freedom to express and enjoy our own sexuality without shame.
- ☒ Useful Affirmation: *'I'm strong and vibrant. I'm safe to enjoy my body and my sexuality'.*

**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 for Attunements:** <http://www.spiritoftransformation.com/Attunements.htm>

**This essence is part of the Spirit of Transformation Karmic Power blend:**  
<http://www.spiritoftransformation.com/karmicessences1.htm#karmicpower>

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

Flower Spirit: <http://www.flowerspirit.info>

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