

Loosestrife

*Stabilising, Grounding and Realising Our Dreams
Releasing Suppressed Emotion*



- ☒ This essence promotes the receiving of spiritually inspired information, usually through the crown.
- ☒ It brings our three lower chakras into temporary alignment keeping us on track with our soul purpose.
- ☒ Loosestrife particularly supports those of us who have a generous heart and who give freely.
- ☒ When our higher chakras have opened to some degree, it can make day to day living difficult unless our heart, throat and crown chakras are open too. If our higher chakras are open but are not our throat and base chakra are not we can be unbalanced and ungrounded.
- ☒ Loosestrife is invaluable when we're spaced out from spiritual experiences, or when we daydream or meditate to escape the challenges of everyday life. It helps to ground our daydreams into reality, rather than using them as a distractions.
- ☒ Loosestrife helps to release grief after separation or bereavement.
- ☒ It helps rebalance emotional extremes, so that we feel more calmer and more stable.
- ☒ It releases anger and opens our heart to love.
- ☒ It helps to break the grip of old suppressed feelings so they can be released.
- ☒ Useful Affirmation: *'I'm calm and stable as I release past pain and ground my dreams in the now'*.

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>

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