

## Love in a Mist - Beyond Illusion Self-Actualisation



It's hard to see the little blue flowers through the gauzy veil which shrouds Love in a Mist and this is what we call its 'Doctrine of Signature'. This misty effect tells us that it helps us when we feel unclear. I remember saying I felt in a fog when staying at the Findhorn Foundation once and a gentlemen with a very posh voice informed that a fog stands for **Another F\*\*\*\*\*ing Opportunity for Growth!** So here's how Love in a Mist essence can help you come out of the fog and into the sunshine.

- Love in a Mist is a fabulous essence for self-actualisation
- It removes the veil and dispels romantic illusions
- It encourages us to respond to our partner in a more authentic way
- It calms and releases old emotional traumas
- It helps us see the beauty in everything, seeing with our heart, not our eyes
- It brings increased clarity about our emotional motivations
- It brings openness to loving and being loved
- It heals patterns of imbalance: confusion, unknown intention, unfinished projects
- It gives a strong sense of self and an ability to follow through
- It clarifies our spiritual direction by easing frustrations and allowing clearer choices to be made
- It helps us get back to ourself after setbacks
- It allows for confident intentions
- It allows us to respond to information from all chakras
- It repairs damage to our energetic bodies and aligns heart and spirit
- It clears and purifies distracting energies from the auric field; clarifies etheric and auric boundaries
- It's useful as ritual ablution or cleansing before prayer

**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:

Hummingbird Remedies: [http://www.druidlabs.com/hbr/flowers\\_jkl.html](http://www.druidlabs.com/hbr/flowers_jkl.html)

Elemental Energies: <http://www.elementalenergies.ca/elemental-essences.html>

British Wild Flower Essences: <http://www.thecrystalgrid.com/arielessences/BWFlowers.htm>

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.