

## Lupin

### *Releasing Patterns of Isolation and Withdrawal Finding Involvement, Joy, Desire and Creativity*



- ☒ This essence helps when we feel mentally confused. It brings integration and calmness.
- ☒ It helps with a pattern of defensive independence where this has led to isolation and an inability to accept support or connection; an attitude of *'I can cope'*.
- ☒ It's very useful for patterns of being inflexible and if we have suppressed our sexual desires.
- ☒ Beneath the independent exterior we may have old wounds of feeling deeply let down; we may have buried feelings of bitterness and anger.
- ☒ Where such patterns stem from childhood we may have been obsessive from a young age.
- ☒ Physically these patterns may manifest as having problems with breathing.
- ☒ It's also helpful for deeply held karmic patterns which keep repeating.
- ☒ This essence helps us access our intuition, bringing important insights and innovative solutions.
- ☒ It enables us to see the long-term consequences of our actions on the wider community.
- ☒ It increases our desire to serve, opening our heart chakra so that we're able to experience our interconnectedness to all things.
- ☒ Lupin essence helps to unlock our creative and sexual expression.
- ☒ It can enable us to feel more joy in life and feel more engaged with those around us.
- ☒ Useful Affirmation: *'I open my heart to feel my interconnectedness with those around me and every aspect of the natural world. I live as part of a greater whole.'*

**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>

**This essence is part of the Spirit of Transformation Karmic Loneliness blend:**

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

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

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