

Milkweed

Releasing Dependency – Healing the Inner Child Finding Your Identity and Healthy Independence



- ◆ This essence helps us develop a healthy sense of independence, identity and self-reliance.
- ◆ It's good for patterns of numbing out due to suppressed emotions, whether that's through drugs, alcohol, food or compulsive behaviour; all ways to avoid connecting with the shadow aspects of our personality.
- ◆ Patterns of dependency may have formed due to childhood illness or trauma which meant we became used to being cared for and perhaps acquired the habit of using medication to manage pain.
- ◆ It can also be a helpful essence if we carry a belief, from this lifetime or past lifetimes, that we have to conquer the ego entirely in order to become enlightened, instead of using it in a healthy way.
- ◆ There may have been childhood events which interrupted our path towards emotional maturity. Some aspect of our personality may be stuck at an age when our inner child experienced difficulty and there was a lack of support or loving reassurance. This part of ourselves may be asking for healing by recreating similar circumstances as an adult.
- ◆ Due to this wounding we may find the normal demands of daily life difficult to cope with and use food, drink, extreme dieting or excessive spiritual practices or other ways to dull the pain. We may also sleep more than necessary or subconsciously manifest illness or accidents to recreate a dependent state.
- ◆ Milkweed accesses that core wounding, encouraging us to heal it so that we no longer feel helpless but are able to take up the reins of our life and direct our own destiny, with a clear sense of who we are.
- ◆ This essence helps us access inner strength and a sense of healthy independence.
- ◆ It raises our awareness, giving us clarity and encouraging spiritual growth
- ◆ It helps when we can't find a healthy place for ourselves with our family system. We may feel we've outgrown an old role and haven't yet found a new one, as a mature adult.
- ◆ It helps patterns of withdrawal and dominating or manipulative behaviour, as well as difficulty taking in new information.
- ◆ It helps if we've experienced abuse in childhood whether sexual, emotional, mental or physical,
- ◆ It helps resolve patterns of dependency in relationships, so that we're able to be more self-reliant.
- ◆ It brings more empathy with others and an ability to sense their needs and different viewpoints.
- ◆ It helps to open up our creativity, boosts confidence and brings a sense of personal power.
- ◆ It supports us through change and helps us face our shadow aspects which may contain wonderful gifts.
- ◆ It works on the sacral and solar plexus chakras, restoring humour and lightening our outlook on life.
- ◆ It can help to change the pattern of needing to present an inauthentically cheerful face to the world, giving us the courage to be our true selves with the full spectrum of human feelings.
- ◆ Affirmation: *'I allow my shadows to come into the light and embrace them with love and acceptance.'*

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.

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