

# Morning Glory

## *Breaking Free of Past Habits*

### *Creating a New Future*



- ☒ This balances the subtle energy system associated with the nervous system, uplifting our energy.
- ☒ It helps us get up and maintain vitality throughout the day.
- ☒ It helps when we find it hard to get going in the morning and we're erratic in our eating and sleeping habits.
- ☒ This essence supports the release of nervous habits such as smoking or using drugs.
- ☒ It effects our emotional body by calming nervous irritability, including teeth grinding, restlessness at night or talking too much due to nervousness.
- ☒ It supports the removal of undesired energies from others that cling to our auric field.
- ☒ It increases our awareness of inherited ancestral addiction. It supports us in understanding what is ours and what is inherited so that we can disentangle ourselves from misguided family loyalties.
- ☒ Morning Glory helps us develop greater awareness of our physical needs and balance our lifestyle to live more in tune with Nature's cycles.
- ☒ It can also be helpful for when we like to live in the rose-tinted past because we don't want face the perceived difficulties involved in changing a current unpleasant situation.
- ☒ This essence helps us use happy memories as inspiration to create the future we want. It increases our faith in the present and the future and encourages us to look forward with optimism.
- ☒ It helps free us of old patterns and habits through spiritual awakening and a liberation of self.
- ☒ It promotes spiritual vision, guidance, inspiration, imagination and clarity.
- ☒ It opens our heart, allowing us to express love and compassion for ourselves and others.
- ☒ It helps us to make a fresh start.
- ☒ Useful Affirmation: *'I engage with the present, integrating past lessons to create an exciting future'*

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

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Ananda Apothecary: <http://www.anandaapothecary.com/fes-north-american-flower-essences/morning-glory-flower-essence.html>

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