

# Northern Bog Violet

## *Releasing the Role of Rescuer*

### *Clear Boundaries – Managing Expectations*



- ☒ For not allowing others to make demands or have expectations of you that cause you to feel burdened or overwhelmed.
- ☒ This essence is especially helpful if we tend to be very kind hearted and giving. We truly want to help others, and yet tend to attract those who are seeking a rescuer rather than being willing to take responsibility for their own lives and thus we become drained and exhausted as a result.
- ☒ Useful Affirmation: *'I lovingly let others know what they can expect of me and what they cannot.'*

**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

Morningstar Essences: <http://morningstar.netfirms.com/flower2.html>

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