

Periwinkle

Integrating Life Lessons

Opening the Heart and Connecting to Nature



- ☒ This essence helps us to reflect on our life so far so that we can learn the important lessons and choose a new direction from a place of greater awareness. It's very useful when we're trying to move ahead in some area of our life without learning from what has gone before. It helps us to release the past whilst integrating the lesson.
- ☒ It helps when we numb out or develop repetitive behaviours in order not to feel. This essence can awaken us to engage with life and raise our spirits.
- ☒ Periwinkle puts us back in touch with nature and the fairy realms, so that we're able to see beyond tangible reality and have more of a sense of spirit and the miraculous.
- ☒ It helps to heal our male energy and to give it a sense of value. It also helps when our female energy has been hurt by male energy. This may be an inner experience or it may come from outside ourselves.
- ☒ Periwinkle resonates to heal a time of deep wounding that all of us experience as we move into puberty – it can feel as though we have been stabbed through our heart. It is an unavoidable part of growing up, yet we may find ourselves replaying similar circumstance throughout adult life in an attempt to heal it. At these times Periwinkle essence can be very helpful.
- ☒ Another state which is helped by Periwinkle is when we have been deeply disillusioned and developed a hard, distrustful exterior. Through the battlefield of life we learn to close down our hearts as self-protection or to make our loving conditional. This essence encourages our heart chakra to open so that we're able to revisit the pain of the past and accept its lessons. It helps us regain trust and belief in a greater vision so that we can grow and take on the learnings that await us, creating a new way of life with loving values.
- ☒ Useful Affirmation: *'I learn from the past, finding the courage to open my heart to both pain and joy, so that I fully engage with life'*

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 for attunements: <http://www.spiritoftransformation.com/Attunements.htm>

This essence is part of the Spirit of Transformation Karmic Healing blend:
<http://www.spiritoftransformation.com/karmicessences1.htm#karmichealing>

Acknowledgement and Thanks With acknowledgement and thanks for this information to:
South African Flower Essences; http://safloweressences.co.za/Periwinkle_Essence.html

New Millenium Essences: <http://www.nm essences.com/essences/periwinkle.html>

Desert Alchemy: <http://www.desert-alchemy.com/txt/individual.html>

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