

# Pomegranate

## *Nurturing through Death and Rebirth*

### *Loving our Feminine Energy*



- ☒ This plant was developed in Lemuria to demonstrate the spiritual purpose of the base chakra and further developed in Atlantis to imbue us with particular spiritual qualities.
- ☒ It's main role now is to assist in death and rebirth, for times of major transition and change.
- ☒ It is a useful essence when we seek healing through meditation or shamanic journeying whether for ourselves or for another.
- ☒ This essence brings emotional balance, particularly for women. It helps us to accept and enjoy our feminine energy – so it can also help men to integrate their feminine side. It helps us to feel safe and loving whilst expressing our feminine qualities.
- ☒ Pomegranate helps us acknowledge a need for love and care and allows us to acknowledge that ability within us. It helps with a pattern of independence or self-aggrandisement born from insecurity and lack of support and nurture as a child.
- ☒ It bestows wisdom and balances the qualities of yin and yang within our personality.
- ☒ It can be helpful for men who find it hard to connect with their nurturing qualities.
- ☒ Pomegranate aligns our chakras allowing for a better flow of energy which cleanses our energy system so that essences can be more effective.
- ☒ It opens the sacral chakra, stimulating passion.
- ☒ Pomegranate can help all female issues.
- ☒ Useful Affirmation: *'I allow transformation and change to occur joyfully in my 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 here for attunements:** <http://www.spiritoftransformation.com/Attunements.htm>

**This essence is part of the Spirit of Transformation Sacral Chakra blend:**  
<http://www.spiritoftransformation.com/chakraessences1.htm#sacralchakra>

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

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The Gurudas Essence Books: <http://www.spiritoftransformation.com/essencedirectory.htm#recommendedreading>

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