

Red Valerian

From Burnout to Balance



- ☒ This essence calms and cools a hyper-active base chakra.
- ☒ Often we feel severely stressed and under huge pressure to accomplish more in life.
- ☒ We find it very difficult to ease up on ourselves and take a break.
- ☒ This is often due to survival issues that we've been unable to address.
- ☒ The base chakra may then respond by pushing us to do more and more until burnout occurs which can leave us feeling anxious as well as depressed.
- ☒ This essence helps to bring the base chakra back into balance while helping us to work through our survival issues in ways that are much healthier and more positive.

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/flowerpz.html>

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