

Red Valerian

From Burnout to Balance



- ☒ This essence calms and cools a hyper-active base chakra.
- ☒ It's indicated when we feel severely stressed and under huge pressure to accomplish more in life.
- ☒ It's a helpful essence when we find it very difficult to ease up on ourselves and take a break.
- ☒ It supports us when stress is due to survival issues that we've been unable to address.
- ☒ Our base chakra may respond to a permanent state of alert 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.
- ☒ Useful Affirmation: *'My base chakra is healthy, strong and in balance'*

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>

Photo by Nikki Wyatt

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