

# Rosemary

*Joy, Vitality, Clarity, Memory and Inner Peace*



- ☒ It stimulates the brow and crown chakra to draw down the warmth of the sun to gladden the heart, bringing joy, vitality and light.
- ☒ It's a liquid ambrosia because one experiences a state of inner peace or ecstasy.
- ☒ It brings out our creativity; for example if we're having difficulties writing we can be helped with this essence.
- ☒ It's a good remedy for a philosopher.
- ☒ It brings clarity to a person's state of mind.
- ☒ It allows us to learn who we are from our own level and range of perception.
- ☒ Take Rosemary when you have to negotiate with someone.
- ☒ Rosemary transforms irritable, withdrawn individuals into happy, sensitive and sentimental people. This is partly because it brings order to the emotional body.
- ☒ It creates a practical form of balance within the individual. This may be a balance that a juggler would have, not a steadfast balance, but a juggling to keep things moving. People going through inner cleansing often experience this state of poise.
- ☒ Rosemary increases the body's sensitivity.
- ☒ It provides soothing energies, particularly to children.
- ☒ It helps us trust in friendship, strong bonds and a common purpose.
- ☒ This is especially good for the fear of the loss of love and for the freedom and autonomy of the sexes.
- ☒ It's also helpful if we're absent-minded or forgetful because we're not grounded.
- ☒ Helps with the physical manifestation of this state, such as cold extremities (hands, feet and fingers).
- ☒ It brings clarity when there is great emotional or mental stress, loss of trust or confusion.
- ☒ Aids self-nurturing.

**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 an 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:

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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.