

Sunflower

Restoring Self-Esteem – Balancing Ego



- ☒ Works with spiritual knowledge and emotional issues relating to the father or father figure, particularly anger and hostility – brings understanding to the relationship.
- ☒ Helpful for those of us with a distorted sense of self, swinging from self-effacement to inflation, from low self-esteem to arrogance, all stemming from a difficult or deficient relationship with our masculine side or our father figure.
- ☒ This essence tempers and spiritualises the sometimes overbearing male ego and brings balance to the inner male and female, the yin and yang qualities. If we are too self-effacing it allows us to shine like the radiant sun and if we're needing too much glory and pomp, it brings us back in touch with our compassion and natural warmth.
- ☒ It opens and purifies the heart chakra bringing increased caring and sensitivity.
- ☒ Awakens the male's maternal instinct and desire to have children.
- ☒ Stimulates the kundalini energy and aligns it along the spine.
- ☒ With people who are unsure whether they are really following their intuition or if they are only hearing the idle chatter of the material mind; sunflower essence allows you to distinguish between the two and resolves this problem.
- ☒ Attunes people to higher wisdom and inspires them to spiritual leadership.
- ☒ It assists in breaking old patterns during times of expansion, allowing a greater inflow of divine love, wisdom and understanding.
- ☒ Helps us connect to Divine Light, and feel spiritually worthy and acceptable.
- ☒ Very helpful for all self-esteem related issues and also helps to balance male energy whether it be overly aggressive or not assertive enough, in both men and women.
- ☒ This is a wonderful essence for children who feel very unsure of themselves and especially those who find they are the frequent target of bullying from others.
- ☒ Physical pattern: circulation/blood. Also eases sunburn, heat exhaustion and skin cancer. Increases absorption of Vitamin D. Sunflower dissolves fatty tissue.
- ☒ Treats poor posture, strains in the spinal column, spinal degeneration and heart disease.
- ☒ Particularly useful to take on waking.
- ☒ Useful Affirmation: - *It is impossible for me to be anything but spiritually worthy and loved*

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>

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

Ananda Apothecary: <http://www.anandaapothecary.com/fes-north-american-flower-essences/sunflower-flower-essence.html>

Crystal Herbs: http://www.crystalherbs.com/shop/aftrack.asp?ID=74&Req=prodtype.asp?PT_ID=81

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

Photo by Gunther: <http://www.flickr.com/photos/12013762@N04/2630448485/>
Copyright: Nikki Wyatt, Spirit of Transformation. All rights reserved.