

English Watercress

Accepting Support, Releasing Criticism



- ☒ Helps release feelings of being overly burdened by duties and responsibilities
- ☒ Helps us to learn how to delegate tasks as needed to those who are capable of carrying them out and no longer feeling like we have to do everything ourself.
- ☒ Also very helpful for those of us who tend to be critical of another's efforts, even when we know that person is doing the very best that they know how.
- ☒ Helps us to understand that when we're critical of another, often it is because we're being judgemental and critical of ourself.
- ☒ Useful Affirmation when taking this essence: *I know when it's right for me to ask for help and I do*

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.

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Acknowledgement and Thanks

With acknowledgement and thanks for this information to:

Morningstar Essences: <http://morningstar.netfirms.com/flowergo.html>

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