

# White Foxglove

*Safety, Calm and Inner Peace*  
*Self Empowerment, Spiritual Awakening and Release of Burdens*



- ☒ White Foxglove purifies the heart chakra.
- ☒ It helps to heal our heart by opening and allowing memories to flow through and release.
- ☒ It encourages us to follow our inner wisdom and to define the nature of our inner power.
- ☒ The bell-shaped flowers ring out messages of love and spiritual awakening.
- ☒ It brings peace, joy and abundance.
- ☒ It releases nurturing feelings of love and safety.
- ☒ It offers an energy of commitment to self – a pledging to love and honour yourself, as well as to celebrate your joy and beauty.
- ☒ It helps with discarding fears which create self-doubt or criticism.
- ☒ It awakens us to our truth, releasing old beliefs that prevent us from listening to our inner wisdom.
- ☒ Foxglove energises the base chakra, promoting courage and strength to stand in our own power.
- ☒ This essence offers support and a sense of safety whilst moving forward into a new phase in life.
- ☒ It assists in calmly letting go of old burdens with peace and gratitude for the lessons learnt.
- ☒ White Foxglove essence promotes a clarity of vision to perceive our world differently by allowing our inner voice to prevail so as to open to renewed personal creativity.
- ☒ This essence also activates the crown chakra through the white colour of the flowers, assisting in the connection with our higher self or inner wisdom.
- ☒ This essence helps us find peace and calm through the wisdom of our inner self
- ☒ Useful affirmation: *'I find peace, calm and freedom as I embrace the wisdom of my inner self'*

**Please Note:** Individual essences are not available from Spirit of Transformation, as a spiritually guided 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 attunement blend.

**Click here for attunements:** <http://www.spiritoftransformation.com/Attunements.htm>

**This essence is part of the Spirit of Transformation Feeling Safe Amid Change blend:**

<http://www.spiritoftransformation.com/transformationessences.htm#feelingsafe>

**This essence is part of the Spirit of Transformation Karmic Power blend:**

<http://www.spiritoftransformation.com/karmicessences1.htm#karmicpower>

**Acknowledgement and Thanks** With acknowledgement and thanks for this information to Crystal Herbs: [http://www.crystalherbs.com/shop/aftrack.asp?ID=74&Req=prodtype.asp?PT\\_ID=81](http://www.crystalherbs.com/shop/aftrack.asp?ID=74&Req=prodtype.asp?PT_ID=81)

Flowers for Healing: <http://www.flowersforhealing.com/Foxglove.htm>

Lakeland Essences; <http://www.livingmagically.co.uk/lakeland.htm>

Fox Mountain Essences: <http://www.powernatureessences.com/foxmountainessences.htm>

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