

Cayenne

Light Your Soul Fire
Move Out of Your Rut



- ☒ An excellent catalyst for change and growth. Mobilises us to push out of ruts, overcoming challenges with courage and joy.
- ☒ It raises our energy, 'lights our fire' and facilitates change and transformation.
- ☒ It's helpful when we are in a state of stagnation, feeling stuck and unable to change.
- ☒ Cayenne essence ignites the soul when it has got stuck in its growth cycle.
- ☒ We may have become too cosy and complacent, not really challenging ourselves with new experiences. At other times, we may simply feel stuck or immobilized, unable to make real progress or change, or feel caught in a pattern of procrastination and resistance.
- ☒ Cayenne can be useful at certain points in therapy. It stimulates an energetic response in the body and soul, helping to release perceived blocks to progress and transformation.
- ☒ It helps us engage more and encourages our emotional and spiritual growth.
- ☒ Useful Affirmation: *'I am willing to change and grow in ways that are perfect for me. I am totally free to move forward now'*

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>

This essence is part of the Spirit of Transformation Moving Forward, Get Unstuck blend:
<http://www.spiritoftransformation.com/transformationessences.htm#movingforward>

Acknowledgement and Thanks

With acknowledgement for this information to: Morningstar Essences: <http://morningstar.netfirms.com/flower.html>

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

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