

Comfrey

Creating time and space to heal

Creating new mental pathways and deep earth connections



- ☒ Comfrey stimulates the release of unconscious thought patterns and ideas.
- ☒ It influences the mental body and the base chakra.
- ☒ It works on the sexual chakra which is a main reflex point for the nervous system.
- ☒ Helps rechannel mental messages so lost memories, abilities and understandings can surface.
- ☒ Helps balance the left and right brain. Excellent for Hatha Yoga practitioners.
- ☒ It helps when we're coming to the end of a cycle.
- ☒ It improves memory, dream recall and enables us to relax by releasing subconscious tension.
- ☒ It gives us a deep connection to the Earth and the natural world.
- ☒ It helps us develop and initiate new projects and increases strength of character.
- ☒ It helps create the time and space to heal and be creative.
- ☒ It promotes curiosity and joy.
- ☒ It helps when we avoid being in the now by daydreaming or resisting connecting to the current situation, often due to past trauma and fear.
- ☒ It grounds, stabilises and balances us, increasing our desire to be here on Earth.
- ☒ It helps us when we're impatient with our own healing process so we're resisting our current situation, perhaps by living in the future.
- ☒ Useful Affirmation: *'I patiently allow my healing and creativity time to unfold. As I relax and accept the now I connect joyfully with the Earth.'*

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 Cancer - Moon blend:

<http://www.spiritoftransformation.com/planetaryessences.htm#cancer>

This essence is part of the Spirit of Transformation Healthy Rhythms–Release Overwork blend:

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

This essence is part of the Spirit of Transformation Be Present blend:

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

Acknowledgement and Thanks

You can order this as a single essence from Crystal Herbs:

https://shop.crystalherbs.com/Single-Flower-Essences/Comfrey---Flower-Essence__p-81-398.aspx?af=13071

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.