

Cowslip

*Relaxed, Joyful Simplicity
Secure, Cared For, Clear and Assertive*



- ☒ This essence helps you better understand relationship and environment problems.
- ☒ It helps adults understand children.
- ☒ It strengthens the solar plexus chakra so that we feel calmer and more positive.
- ☒ It's excellent when you feel under attack and it's hard to receive love from others.
- ☒ Cowslip is a joyful essence, bringing back a feeling of being nurtured.
- ☒ When life feels complicated it reminds you to enjoy simplicity.
- ☒ It can bring clarity to a confusing or overwhelming situation.
- ☒ It encourages you to relax, to feel secure, let go and be playful.
- ☒ It can strengthen your confidence when you need to stand up for yourself.
- ☒ Useful Affirmation: *'I'm safe and cared for. I keep healthy boundaries and have fun.'*

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 Solar Plexus Chakra blend:

<http://www.spiritoftransformation.com/chakraessences1.htm#solarplexuschakra>

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

Aziz Shamanism: <http://www.azizshamanism.com/essences.html>

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

Saskia's Flower Essences: <http://www.saskiasfloweressences.com/cowslip.html>

Green Man Essences: http://www.greenmanshop.co.uk/acatalog/New_Flower_Essences.html

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