

Cyclamen

Developing Inner Strength and Intuition



- ☒ Works with childhood deprivation, times when we had to manage alone, or in threatening circumstances, without compassionate adult support and guidance. As a result, parts of us may still feel powerless, naïve or lacking in confidence. Perhaps we find it hard to trust our own judgement, are anxious about taking responsibility for certain decisions, seeking the advice or approval of others whom we see as more capable. It may be challenging to stand alone in our opinions and decisions when faced with disapproval from those who seem more confident or experienced. Cyclamen helps us parent our inner child, so we become confident and decisive. It encourages us to seek our own counsel, to feel confident enough to trust our own judgement.
- ☒ This essence inspires us to develop inner strength and knowing, especially if we've been used to relying on the opinions and support of others.
- ☒ This essence can relate to the loss of a partner, who provided support and counsel. You may face making important decisions on your own, dealing with banks, legal matters etc. At the same time there's the experience of living alone without daily companionship, perhaps for the first time.
- ☒ Cyclamen helps us connect deep within ourselves to the love and strength that lie within us. It also increases our awareness of those in spirit, who deeply love and guide us, and share our journey.
- ☒ This essence is also useful when we're standing alone in relation to peers or colleagues; perhaps we have a different way of being, different opinions or values. This may attract bullying or rejection from those who feel threatened by our individuality, or by what they see as our (spoken or unspoken) judgement of them. It may re-open wounds from similar childhood situations, which can leave us feeling lonely, childlike and full of self-doubt.
- ☒ Cyclamen rebuilds confidence by connecting us to our intuition, survival skills and common sense.
- ☒ It also raises consciousness and strengthens our awareness of our higher self. It helps us absorb higher energies, especially the new rays currently being directed at Earth.
- ☒ Cyclamen is for releasing deeply embedded, stubborn patterning held in the sacral and solar plexus chakras, which is often felt physically in the small of the back.
- ☒ It particularly helps patterns of resentment, bitterness and 'poor me'.
- ☒ Useful Affirmation: *'I give myself permission to let go of fear and initiate the process of my body energy being totally rejuvenated'.*

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 Take Courage – Release Fear blend:

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