

Dandelion

Relaxation and Completion Releasing Family Issues



- ☒ This essence can help release tension, shock or strong emotion such as hatred or resentment held in the body.
- ☒ It's resonant with the chakra at the base of the arch of the foot which connects to the small intestine.
- ☒ It connects us more deeply to the Earth, so we can draw on deep resources and inner resolve.
- ☒ It's very good for those of us who are naturally enthusiastic about life and want to live it to the full. We may drive ourselves hard, over-riding our spiritual, mental and bodily needs for rest and contemplation so that mental tension becomes locked in our muscles.
- ☒ This essence brings awareness to the needs of our body and soul, encouraging us to rest; to give ourselves time to relax and go within.
- ☒ It can release buried feelings of frustration, so we're calmer and clearer about our next steps. We're able to make choices from a deeper self-awareness.
- ☒ It helps us become present to each moment.
- ☒ It encourages us to face difficult feelings and situations by going within.
- ☒ As soon as emotions release, spirit flows effortlessly through the body and tension disappears.
- ☒ Dandelion increases our awareness of the importance of family, helping us release family issues.
- ☒ It heals a feeling of abandonment or lack of love from our parents.
- ☒ It teaches us to keep going through challenging times and helps us complete projects.
- ☒ Useful Affirmation: *'I relax into my spiritual connection, allowing release, forgiveness and healing of family karma'*

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 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 Capricorn-Saturn blend:

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