

Echinacea

Finding Wholeness After Trauma Restoring Strength and Protection



- ☒ This is a powerful flower, developed in Lemuria to symbolise the descent of man into matter.
- ☒ When we have had such difficult experiences that we feel fragmented inside, as though we have lost connection with who we really are, Echinacea can restore that connection to our wholeness.
- ☒ It is also helpful in situations where we feel we could fall to pieces, either physical collapse or fall apart emotionally, this essence lends support and helps us find strength.
- ☒ When we have a sense that parts of us are cut off or shut down, this essence helps them return and reengage with the present.
- ☒ It gives us a core strength, especially during very challenging circumstances. It helps us remain in alignment with our authentic desires.
- ☒ It creates a strong, healthy filter between us and the outside world.
- ☒ This is a very helpful essence at times of transition. When we make big shifts we have times when the outer reality has not yet caught up with our new inner image; Echinacea helps us with that adjustment. It encourages us to let go of past realities and flourish into our newly imagined future.
- ☒ Echinacea essence acts like a motivational coach or guardian angel as you face life's challenges, keeping you focussed on your goals and keeping your spirits high.
- ☒ Useful Affirmation: *'I release outdated ideas of who I am and courageously step into my true self.'*

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 Stability, Clarity and Protection blend:

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

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

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

Wild Rose College of Natural Healing:

http://www.wrc.net/wrcnet_content/herbalresources/floweressences/floweressences.aspx?FEID=13

Ananda Apothecary: <http://www.anandaapothecary.com/fes-north-american-flower-essences/echinacea-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.