

Evening Primrose

Emotional Rebirth

Releasing Fear of Commitment to Create Lasting Relationship



- ☒ This essence is about communication and nurturing and can be very helpful if we've felt unwanted.
- ☒ It helps you to rediscover and connect with the source of our self-confidence, our beauty and our feminine aspect, in both men and women.
- ☒ It can help to stabilise our moods and encourage us to relax.
- ☒ It's good for full moon tension. This night blooming flower strengthens the moon's creative forces.
- ☒ When we need Evening Primrose we may find it difficult to transmit warmth and affection, as our soul finds more affinity with the coldness of the moon than the warmth of the sun.
- ☒ Expressing or enjoying our sexuality may be challenging, especially if the moment of our conception was associated with difficult emotions between our parents.
- ☒ It can be helpful when intimacy and the expression of love and sexual desire is inhibited.
- ☒ This essence deals with emotional imbalance resulting from one of two opposite situations. The first is a lack of bonding with our mother in early childhood, perhaps an experience of rejection or neglect. Bonding may also be difficult due to absorbing our mother's emotional pain in the womb or emotional deprivation experienced in the womb, at birth or in early infancy.
- ☒ The second situation arises where we were over-controlled and not encouraged to follow our own intuitive guidance. Independence may have been discouraged and a parent formed a co-dependent relationship with us, possibly using us to boost their own self-esteem or fulfil their ambitions.
- ☒ Whichever situation has occurred it makes normal emotional maturation difficult. Evening Primrose can help resolve this lack of emotional bonding which may produce fear of commitment, or fear of abandonment, or fear of being taken over or controlled by another.
- ☒ Manifestations of this emotional history are coldness, numbness, fear of commitment, avoidance of feelings, fear of becoming a parent, suppressed sexuality and a sense of inner emptiness.
- ☒ Evening Primrose can help resolve the feeling of not being wanted, by encouraging self-care; it rejuvenates us at a soul level, providing the loving nourishment which we missed as a child.
- ☒ It encourages us to openly express our feelings, to commit and forge deep, long-term relationships.
- ☒ Useful Affirmation: *'I open my heart and nourish my soul, allowing myself to fill up with love'*.

N.B.: Individual essences are not available from Spirit of Transformation, as a 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.

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

This essence is part of the Spirit of Transformation Self-Care & Self-Love blend:

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

South African Flower Essences: http://safloweressences.co.za/Evening_Primrose_Essence.html

Garden Plum Essences: http://www.gardenplum.com/Merchant2/merchant.mvc?Screen=PROD&Product_Code=FEEVEPRIM

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