

Geum/Wood Avens

Safety and Belonging

Self-Confidence and Self-Support



- ◆ This essence helps to restore a strong sense of self where this has not been fostered or encouraged.
- ◆ We may have had an overbearing parent or demanding sibling or other childhood circumstances that meant it was hard for us to express ourselves and develop a sense of our unique identity.
- ◆ We may have gained approval by dimming our own light; denying our own need for growth or desires for self-expression in favour of helping others meet theirs.
- ◆ It's helpful for those who are emotionally sensitive and who needed reassurance and support when young that may not have been forthcoming.
- ◆ Helpful for unresolved emotional wounds from childhood.
- ◆ Geum inspires self-confidence and help us to be more emotionally self-sufficient.
- ◆ It gives a clearer sense of self and helps us know which feelings are ours and which belong to others.
- ◆ It encourages us to shine our unique light into the world, knowing that it's fine to be bold, beautiful and expansive. It takes nothing from those around us – their reaction is their choice.
- ◆ It helps us to reconnect with Mother Earth which gives us sense of safety, grounding and belonging.
- ◆ It promotes the strength and energy to grow and mature and to attend to our emotional needs.
- ◆ Useful Affirmation: *'I'm a perfect expression of Source. Everything I need is within me. I'm constantly maturing into more of who I am.'*

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 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 You Are Enough blend:
<http://www.spiritoftransformation.com/transformationessences.htm#enough>

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

Great Lakes Sacred Essences: http://www.sacredessences.com/products/stock_flower_essences/essence.php?id=s-0053

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

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