

## Golden Rod

### *The Ability to Express Your True Self Creating a Strong Inner Connection*



- ☒ This brings greater connection to your higher self and spiritual guidance, increasing enthusiasm, abundance and cooperation.
- ☒ It balances our personality either by calming too great a need for recognition and power or by increasing self-confidence and self-worth.
- ☒ It's a wonderful essence when you tend to give in to family pressure or society's values in order to feel loved and accepted.
- ☒ Golden Rod gives you a stronger sense of identity and personal values.
- ☒ It's helpful when you feel the need to put on a false front in social interactions or you create drama to get attention.
- ☒ This helps you be more authentic, so you can interact lovingly with the outside world, welcoming it in, yet still remain true to yourself.
- ☒ Useful Affirmation: *'I'm clear and comfortable with my own identity. I'm true to my values.'*

**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 for Attunements:** <http://www.spiritoftransformation.com/Attunements.htm>

**This essence is part of the Spirit of Transformation Confidence and Trust blend:**

<http://www.spiritoftransformation.com/planetaryessences.htm#confidence>

**This essence is part of the Spirit of Transformation Libra-Venus blend:**

<http://www.spiritoftransformation.com/planetaryessences.htm#libra>

**This essence is part of the Spirit of Transformation Saggitarius - Jupiter blend:**

<http://www.spiritoftransformation.com/planetaryessences.htm#saggitarius>

**This essence is part of the Spirit of Transformation Free Your True Self blend:**

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

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

[Ananda Apothecary: http://www.anandaapothecary.com/fes-north-american-flower-essences/goldenrod-flower-essence.html](http://www.anandaapothecary.com/fes-north-american-flower-essences/goldenrod-flower-essence.html)

Crystal Herbs: [http://www.crystalherbs.com/shop/aftrack.asp?ID=74&Req=prodtype.asp?PT\\_ID=81](http://www.crystalherbs.com/shop/aftrack.asp?ID=74&Req=prodtype.asp?PT_ID=81).

Photo by Amanda Wilson: [http://www.flickr.com/photos/azhures\\_jewels/2896671919/](http://www.flickr.com/photos/azhures_jewels/2896671919/)

Copyright: Nikki Wyatt, Spirit of Transformation. All rights reserved.

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