

## Hairy Larkspur

*Facing Our Shadow – Dealing With Cravings  
Releasing Shame - Understanding True Self-Nurture*



- ◆ This essence is very helpful when we're avoiding facing ourselves and our personality patterns, because we're afraid that what we'll find won't be good enough or deserving of love.
- ◆ It helps when we need to deal with some aspect of ourselves which feels repulsive or shameful.
- ◆ It's excellent for times when we feel trapped and we don't know which way to turn.
- ◆ It helps if we've linked sugar to nurture, perhaps as a result of childhood 'rewards' and developed a craving for sweet things or comfort-eating, as result.
- ◆ It helps us to distinguish between satisfying a craving and doing something which truly nurtures us.
- ◆ It helps us unhook from the idea of sweetness as a treat.
- ◆ It shines the light of love within so that can face our shadow, yet find love and compassion for our perceived flaws.
- ◆ It encourages us beyond our current self-image so that we can see the beauty of our divine nature.
- ◆ Useful Affirmation: *'I look within and embrace all that I find with love and understanding. I know what truly nurtures me and I appreciate the beauty of all that 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>

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

Desert Alchemy: <http://www.desert-alchemy.com/txt/ie/hala.html>

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