

Hawthorn

Releasing Heartbreak and Remorse

Restoring Love, Trust, Compassion and Forgiveness



- ☒ This essence helps unblock and detoxify the energy of the heart chakra and heal deep hurt held there. As this blocked energy is released, we're once more able to trust and forgive. As fear and anger dissolve, energy is liberated for healing, unhelpful beliefs are transmuted and we open to receive love.
- ☒ Hawthorn supports you in finding deep compassion and love for yourself, restoring energy when you've given to the point of exhaustion.
- ☒ As you align with love and compassion, you become aware that the patterns driving you aren't based on reality. You must nourish yourself to have the reserves to give in a healthy way. When you give from a place of lack, fatigue, sacrifice, over-responsibility or guilt, you increase those feelings in your environment; when you give from willingness and unconditional love, you increase this in your life.
- ☒ Hawthorn helps us to stop yearning for the unattainable and become aware of the value of what is already in our life. It encourages us to stop criticising and to focus on the love that surrounds us, so that our relationships become more harmonious and intimate.
- ☒ It can ease extreme emotional pain such as intolerable stress, deep remorse or grief over the loss of a loved one or the end of a relationship. It can help you use these times to create positive change.
- ☒ This essence symbolises transformation or an inner shift after suffering or extreme difficulty, when you may have felt cut off from light and love. It helps resolve conflict and is very protective. It can help release external negative energy which has attached to you, especially if it's motivated by envy.
- ☒ Useful Affirmation: *'I give love to myself unconditionally. I treat myself with compassion. My heart is nourished with gratitude for all the love in my life.'*

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 Healing Heartbreak blend:

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

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

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