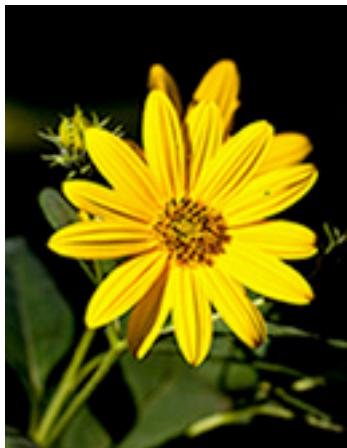


Jerusalem Artichoke

Confidence and Decisive Action

Creating a Positive Flow of Love and Light



- ☒ This essence is actually a type of sunflower which works in the solar plexus chakra bringing a stronger sense of self-identity and personal power.
- ☒ It helps boost self-confidence so that you can be more assertive and prioritise your own needs.
- ☒ It works with yang energy so it can help resolve issues around your relationship with your father. It can also help your relationship with masculine energy and with outside authority in general, whether temporal or spiritual, especially if you tend to self-sabotage due to childhood patterns of rebellion.
- ☒ It opens the solar plexus chakra to allow in more light, energy and illumination, so it can increase energy levels, clarity and spiritual wisdom.
- ☒ As the solar plexus is the centre of manifestation it can help to focus and speed up this ability, so that you can create more of what you truly desire in your life.
- ☒ As more light comes into your centre you may 'lighten up' and find that life is more fun.
- ☒ It can help you to become clearer in your boundaries, so you're less easily influenced by external events and other people's agendas.
- ☒ With renewed clarity you may find it easier to make decisions and to act on your intentions.
- ☒ It allows you to connect more easily to solar energy and to the natural world so that you develop a sunnier outlook.
- ☒ It's helpful when you've lost faith or hope and are railing against your life's circumstances. As the sunny energy increases there's a tendency to see the positive in any situation.
- ☒ It encourages an appreciation of all creation as well as for your own life. This opens a flow of giving and receiving love which makes life sweet and joyous.
- ☒ Useful Affirmation: *'I act confidently and decisively to manifest my desires. Life is a joyous exchange of love and wisdom.'*

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 Appreciation blend:
<http://www.spiritoftransformation.com/transformationessences.htm#appreciation>

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

Flower Essences of the Netherlands: <http://www.luminesce.ca/bloesemSpecialEssencesSets.html>

Pegasus Products: <http://www.pegasusproducts.com/>

Photo courtesy of Charlie Hickey: <http://www.flickr.com/photos/charliehickey/4980342703/>
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.