

# Lavender

## *Soothing, Cleansing - Balances Spiritual Energy*



- ◆ Helps our connection with our higher self and helps us feel our inner guidance more clearly.
- ◆ Helps to integrate spirituality into daily life. It can support us towards enlightenment.
- ◆ Eases emotional tension, bringing calm and peace.
- ◆ Useful where emotional conflicts are blocking spiritual growth.
- ◆ Good for when we're physically tense and tend to overstimulate ourselves physically, mentally or spiritually, or all of these.
- ◆ It works to clear karmic blocks to spiritual growth. It eases karmic and past life conflicts.
- ◆ It balances too much spiritual energy, resulting in problems with the head, neck and shoulders.
- ◆ It teaches us how to moderate psychic energy.
- ◆ Good if we feel closed in or tense from sensing that our personal boundaries are vulnerable.
- ◆ It soothes and cleanses, giving us a clear overview, easing conflict and releasing blocks.
- ◆ On the heart centre it raises our level of self-worth and self-love.
- ◆ It can have an aphrodisiac effect.
- ◆ Supports those with spiritual sensitivity and highly refined awareness.
- ◆ For when we're nervous and spiritually over-stimulated, depleting the physical body.
- ◆ Brings keen awareness and alertness.
- ◆ Cleanses meridians, stimulates visionary states, connections to higher self.

**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.

**This essence is part of the Spirit of Transformation Feel Safe Amid Change blend:**

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

**This essence is part of the Spirit of Transformation Karmic Relationships blend:**

<http://www.spiritoftransformation.com/karmicessences1.htm#karmicrelationships>

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

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

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)

The Ananda Apothecary: <http://www.anandaapothecary.com/fes-north-american-flower-essences/lavender-flower-essence.html>

Tree Frog Farm: <http://www.treefrogfarm.com/store/index.php?act=viewProd&productId=31>

The Gurudas Essence Books: <http://www.spiritoftransformation.com/essencedirectory.htm#recommendedreading>

Photo courtesy of Fred: <http://www.flickr.com/photos/44639455@N00/747296097/>  
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.