

# Lily of the Valley

## *Innocence and Simplicity – Hope and Trust*

### *An End to Yearning*



- ☒ Balances the sacral chakra. Works with feminine emotional balance.
- ☒ It grounds us by bringing our soul fully present in our body. Helps with a need to control due to fear.
- ☒ It creates safety, by enshrouding subconscious negative tendencies which could draw in trouble.
- ☒ This essence brings back a state of child-like innocence, simplicity and wisdom where we naturally respond with loving behaviour.
- ☒ It's an emotional tonic which brings freedom of choice by discovering the simplest way to be.
- ☒ Good if we have rebellious, defensive patterns. We may refuse to conform but find ourselves dependant on external conditions which don't reflect our true nature. Recommended if we left childhood too abruptly and cannot find our place in the adult world.
- ☒ Excellent when we feel disconnected from our spiritual potential. When we wonder if there's a purpose to our current life lessons and to that of humanity, It helps us see that all is in divine order.
- ☒ The perfect essence for yearning, when we desire the unattainable. Perhaps we're in love but our feelings are not returned. Perhaps we feel desperate for spiritual connection but all our efforts fail. It helps us grieve and release emotions stemming from disappointments and losses in life
- ☒ Lily of the Valley helps create the space within us so that what we truly need can enter in. It helps us have faith in the universe – it brings hope when we're discouraged.
- ☒ It helps us sleep more deeply and remember those dreams which are sent to guide us as we consider major changes in our life. It quiets a busy mind.
- ☒ It helps us to tune into multi-dimensional realities, so that we can see life from a higher perspective.
- ☒ Useful Affirmation: *'I'm filled with faith, I calmly welcome spiritual guidance'*

**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>

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