

Lotus

Spiritual, Mental, Emotional and Physical Balance Enlightenment and Understanding



- ☒ This is a powerfully transformative essence at all levels. As the most important flower as far back as Lemurian times, it has long symbolised spiritual enlightenment and is a master flower essence.
- ☒ It aligns all chakras, opening the crown and maximising the effects of all forms of healing.
- ☒ It's beneficial for emotional imbalances, obsessive behaviour and releasing buried emotions.
- ☒ If the crown is overactive in relation to the other energy centres - especially the heart - Lotus essence will re-direct and balance our spiritual energy.
- ☒ It brings all nadis, chakras, meridians and subtle bodies temporarily into alignment which enhances the effect of vibrational remedies, so it's a powerful catalyst when part of an essence blend.
- ☒ It creates a bridge between heaven and earth and the kingdoms of air and water.
- ☒ Lotus helps us to tune in more easily to future lives and eases any fear regarding this.
- ☒ It helps develop psychic gifts and can help us distinguish between higher guidance and mind chatter.
- ☒ When we emphasise spiritual development without giving the same priority to understanding and healing the heart, this essence can help to balance these two chakras and mitigate an attitude of feeling spiritually more evolved than others.
- ☒ Lotus essence can release past life information stored in the genetic code.
- ☒ This essence is recommended during periods of stress when relaxation is necessary.
- ☒ Lotus mitigates many challenging planetary alignments, especially potentially difficult conjunctions of the Sun and Moon and of Uranus and Jupiter.
- ☒ This is a wonderful aid to enhance creative visualisation and meditation.
- ☒ Lotus may well be the most evolved flower essence and plant on the planet.
- ☒ Useful Affirmation: *'I remember my divine blueprint. I express my spiritual essence through the humble and loving centre of my heart, constantly expanding my understanding of divine love'*

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 Past Life blend:

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

This essence is part of the Spirit of Transformation Crown Chakra blend:

<http://www.spiritoftransformation.com/chakraessences1.htm#crownchakra>

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

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

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

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