

# Morning Glory

## *Breaking Free of Past Habits*

### *Creating a New Future*



- ☒ This uplifts us, giving 'get up and go' when we wake and supporting steady energy through the day.
- ☒ It helps when we find it hard to ground back into the body on waking, when we eat erratically and enjoy late-night activities which over-stimulate us and make it hard to get to sleep
- ☒ This essence is useful for releasing unhealthy or unhelpful habits. It helps us make a fresh start.
- ☒ It calms an irritated, over-stimulated nervous system which may manifest in symptoms such as teeth grinding, restlessness at night or talking too much.
- ☒ It supports the removal of undesired energies from others that cling to our auric field.
- ☒ It increases our awareness of inherited ancestral patterns. It supports us in understanding what is ours and what is inherited so that we can disentangle ourselves from misguided family loyalties.
- ☒ Morning Glory helps those who spend too much time in the astral body develop greater awareness of physical needs to balance their lifestyle. It encourages them to live more in tune with nature's cycles by getting balanced nutrition and enough quality sleep and spending time in nature.
- ☒ It can also be helpful when we like to live in the rose-tinted past because we don't want to face the perceived difficulties involved in changing a current unpleasant situation.
- ☒ This essence helps us use happy memories as inspiration to create the future we want. It increases our faith in the present and the future and encourages us to look forward with optimism.
- ☒ It helps release old patterns and habits through spiritual awakening, freeing the true self.
- ☒ It promotes spiritual vision, guidance, inspiration, imagination and clarity.
- ☒ It opens our heart, allowing us to express love and compassion for ourselves and others.
- ☒ Useful Affirmation: *'I engage with the present, integrating past lessons to create an exciting future'*.

**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 Confidence and Trust blend:**

<http://www.spiritoftransformation.com/planetaryessences.htm#confidence>

**This essence is part of the Spirit of Transformation Healthy Choices blend:**

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

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

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