

Nicotiana

Deep Peace through Heartfelt Connection to the Earth



- ☒ Helpful to break the patterns associated with the need for nicotine or other substances.
- ☒ Nicotiana helps us understand the lessons of these compulsions and to release them with the power of our will. We're then able to move forward courageously, clearly and decisively.
- ☒ This essence is helpful when we 'zone out' and we find it difficult to cope with deep emotions.
- ☒ To achieve balance, our soul needs to receive strength and stability from the Earth. However, if we don't involve our heart in this process, we may block our subtler emotions. This tendency can be healed by Nicotiana, or Flowering Tobacco essence.
- ☒ Nicotine addiction has increased at a time when our relationship to the Earth has also changed. We have viewed the Earth as something to exploit rather than nurture, using its resources to sustain an increasingly technological and mechanised society.
- ☒ Our physical bodies have hardened. Many of us have become less emotionally sensitive with less appreciation for subtle and soulful aspects of life. Nicotine addiction often occurs when we're seeking a way to stay grounded and cope with the harsh forces we feel around us.
- ☒ Tobacco smoking usually brings a sensation of relaxation and physical ease, although actually this practice produces a numbing of our emotions.
- ☒ This reduction in the emotions of the heart, together with greater stimulation of our physical heart, enables us to adapt and even thrive in the harder, denser world of modern technology.
- ☒ While Nicotiana essence is particularly helpful in tobacco addiction, it has a much wider significance, representing a soul condition which affects the whole of modern society.
- ☒ Nicotiana is a very important heart chakra essence, helping it to find true energy and sustenance which is not divorced from feelings, hiding behind a false persona, or for those who seek stimulants of any kind that harden or falsify the body's experience of the Earth.
- ☒ Nicotiana reminds us of the spiritual teaching of the Tobacco plant, which is used reverently by Native Americans. Namely that real peace arises from feeling deeply with our heart, and these deep feelings give us our true connection to the Earth and all living beings.
- ☒ It brings us peace which is deeply centred in the heart and integration of physical and emotional well-being through a harmonious connection with the Earth.

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 Healthy Choices blend:

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