

Night Blooming Cereus/Lady of the Night

Finding Light in the Darkness

Illuminating Our Shadow and Easing Transition



- ☒ This Shamanic essence helps us pass through the 'dark night of the soul', finding our unique beauty and expression in the darkest shadows of our psyche. It helps us to appreciate our self-worth.
- ☒ It helps those who need to pass from the physical plane to make the transition with ease.
- ☒ It can bring awareness to unresolved past events or unhelpful personality patterns which may undermine spiritual goals by giving us a much clearer insight into our unconscious motivations in all areas of our life and relationships.
- ☒ It can help us to synchronise our biorhythms with the natural cycle of night and day, of rest and activity.
- ☒ It brings balance to the heart chakra and helps us grow in our understanding of relationships.
- ☒ It can encourage healing at night and may stimulate significant and insightful dreams.
- ☒ It can help us to deal more easily with the transitory nature of life so that we can trust the natural ebb and flow of events without needing to control or become over-attached to them.
- ☒ Useful Affirmation: *'I open to the beauty and the healing gifts of my shadow. I accept the transitory yet eternal nature of life'.*

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 Conscious Transition blend:

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

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

Crystal Herbs: http://www.crystalherbs.com/shop/afrack.asp?ID=74&Req=prodtype.asp?PT_ID=81

Flower Drop Faeries: <http://www.flowerdropfaeries.com/essences.html>

Gaia Essences: http://gaiaessences.co.uk/acatalog/Hawaiian_Selection_Flower_Essences.html

Photo courtesy of Dan: <http://www.flickr.com/photos/webnet/2951267278/>

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.