

# Parsley

*Opening our mind to tolerance, spontaneity and inspiration*



- ☒ This essence has the energy of new growth.
- ☒ It affects us primarily in the mental body, opening us to new thoughts and beliefs, creating a new attitude to life.
- ☒ It opens our mind to inner guidance and is helpful when we have a fixed view that keeps us from seeing more unconventional alternatives.
- ☒ This essence is especially useful when we're trying too hard to live up to internalised standards.
- ☒ In our efforts to gain high marks with our constant internal critic we turn down pleasurable experiences in favour of duty.
- ☒ Parsley encourages us to be tender and loving to ourselves.
- ☒ It helps us to act spontaneously, to be tolerant and compassionate with ourselves and others, so that we nurture our soul connection and expand our experience.
- ☒ Useful Affirmation: *'Life is a celebration and I open my heart to joy.'*

**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 Flexibility and Tolerance blend:**  
<http://www.spiritoftransformation.com/transformationessences.htm#flexibility>

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

South African Flower Essences: [http://safloweressences.co.za/Parsley\\_Essence.html](http://safloweressences.co.za/Parsley_Essence.html)

New Millenium Flower Essences: <http://www.nmessences.com/essences/parsley.html>

Photo by Lidija: <http://www.flickr.com/photos/landcoolj/292729225/>

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.