

# Plantain

## *Repair and Regeneration*

### *Uniting Our Feminine and Masculine Energy*



- ☒ This essence expresses the ability to repair or remake something afresh.
- ☒ It opens us to healing and gives us faith in our ability to find a new level of wellbeing.
- ☒ It connects us to the power of the earth to assist us with any healing process and brings us into full awareness of our physical body.
- ☒ It helps us to integrate the female and male aspects of ourselves where they are in conflict.
- ☒ It puts us in touch with the place within us where our male and female energy works together in harmony to give us the most balanced guidance.
- ☒ It supports us in uniting the male and female parts of ourselves which have become separated.
- ☒ It also releases mental blocks and draws off negativity, patterns of criticism and low self-esteem.

**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 Inner Balance blend:**

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

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

New Millemium Essences: <http://www.nmessences.com/essences/plantain.html>

Spunkyidget: [http://spunkyidget.com/?page\\_id=706](http://spunkyidget.com/?page_id=706)

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