

Primrose

Support in Upheaval



- ☒ Helps with mental growth and learning, concentration, memory and studying
- ☒ Brings lightness, cleansing, opening and relief, helping with tight, held back feelings and low spirits.
- ☒ It helps develop spiritual compassion and integrates wisdom from past lives
- ☒ A superb remedy for healers, it raises our vital force
- ☒ It grounds creativity into everyday life
- ☒ It is indicated where childhood traumas inhibit personal growth. Melancholy and a deep unexplained sadness may be hidden away. This essence can gently nurture the inner child, give what is needed and open up a crushed spirit bringing comfort, hope and release
- ☒ Allows us to start anew, unblemished and refreshed, providing a feeling of non-judgemental support
- ☒ Very good for people who feel displaced to help them cultivate a sense of home; it's useful when we feel out of our natural environment
- ☒ It provides a sense of inner stability and aids decision-making

Tip for Using Primrose

Primroses are the perfect flower for healers and therapists or anyone out of their own space, whether a child just started at boarding school or anyone in the process of moving. They are also very helpful for anyone needing to assimilate a lot of mental information whether children revising at school or adults retraining. They provide emotional support for anyone in a state of upheaval and or anyone suffering from insomnia.

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>

Acknowledgement and Thanks

With acknowledgement and thanks for this information to:

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

Photo by Nikki Wyatt

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