

# Rocky Mountain Juniper

## *Anchoring Ourselves in Our Own Sacred Space Finding Patience & Respect For Our Feelings & Our Feminine Aspect*



- ☒ This essence helps us when we feel overwhelmed, to discover where we belong. It helps us anchor ourselves firmly on the earth in a spot that will nurture us and bring blessings on ourselves and our family. It also helps us to create a home that expresses our unique gifts so that our soul is cherished, our health is supported and our spiritual growth is encouraged.
- ☒ It asks us to have patience with our changing emotional weather. It's helpful in keeping us balanced if we're prone to ups and downs and sudden outbursts.
- ☒ It helps with mother issues and encourages us to honour the feminine. It's a wonderful essence if we dislike our body, especially if it has feminine functions, such as menstruation.
- ☒ It encourage us to align with, and to enjoy feminine energy as well as to get back in tune with Earth's natural rhythms.
- ☒ It can ease a tendency to nag, to make digs and is helpful for women who have a pattern of entering into power struggles with other women.
- ☒ It can help with a tendency to dislike ourselves or to put others on pedestals and make ourselves into doormats or make inappropriate sacrifices.
- ☒ It helps with feelings of jealousy, possessiveness or impatience.
- ☒ It also helps if we're trying to avoid our feelings or if we feel overlooked and disrespected in our relationships – especially in our feminine aspect.
- ☒ It's particularly helpful if we tend to attract punishing behaviour or if we unconsciously punish ourselves.
- ☒ Useful Affirmation: *'I find and create a space in which I can care for myself and my loved ones; in which I'm comfortable patiently experiencing my feelings without judgement. I love and respect nurturing, feminine energy '.*

**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 Base Chakra blend:**

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

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

Morningstar Essences: <http://morningstar.netfirms.com/flowerpz.html>

Canadian Forest Tree Essences: <http://essences.ca/7-single-tree-essences/rocky-mountain-juniper-essence-for-patience-and-joy.html?sl=EN>

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