

## Rosemary

*Joy, Vitality, Clarity, Memory and Inner Peace  
Illumination and Presence*



- ☒ This stimulates the brow and crown chakra to absorb more light and warmth from above.
- ☒ It can promote states of bliss. It's excellent for meditation and calming and clearing the mind.
- ☒ It brings illumination and inspiration so it's a wonderful accompaniment to creative pursuits such as art or writing.
- ☒ It encourages looking within, finding significant truths and unveiling your authentic self.
- ☒ When you feel unsure or distrustful this essence can help you find direction.
- ☒ It supports the forging of co-operative relationships with like-minded people, so it's a useful essence when deciding on duties, roles and responsibilities, or agreeing terms of a contract.
- ☒ Rosemary can help to balance the emotions so that you feel more open and uplifted.
- ☒ It can help you stay centred, so that instead of feeling annoyed or overwhelmed you're able to keep tasks and projects focused and moving at a steady pace.
- ☒ Rosemary can increase physical receptivity to stimuli so that you feel more sensual and vibrant.
- ☒ It can have a very calming and comforting effect, especially if you feel withdrawn or unhappy or if you're finding it hard to be fully in your body because of difficult childhood or past life experiences.
- ☒ It's very helpful for patterns of possessiveness, to calm fears of loss and allow for space, equality and independence within relationships.
- ☒ It can help you concentrate and become more fully present, so that memory also improves.
- ☒ If you have cold extremities and 'zone out' easily it can bring warmth, presence and vitality.
- ☒ It encourages self-care and commitment to being here.
- ☒ Useful Affirmation: *'I come fully into my body. I'm calm, present, joyful and inspired.'*

**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 an 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 Brow Chakra blend:**

<http://www.spiritoftransformation.com/chakraessences1.htm#browchakra>

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

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The Gurudas Essence Books: <http://www.spiritoftransformation.com/essencedirectory.htm#recommendedreading>

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