

## Rowan Tree

### *Forgiveness of Ourselves and Others Healing the Past – Releasing Karmic Patterns*



- ☒ The keynote of Rowan Tree essence is forgiveness. It helps us to learn to forgive ourselves and others and to heal the past.
- ☒ By opening our heart to unconditional healing love we can release our attachments to habitual, inherited or karmically acquired patterns of behaviour and emotions and live peacefully with ourselves and others.
- ☒ It helps with attunement to the energies of nature, particularly wood and earth.
- ☒ It enlarges our perspective to a cosmic level, allowing us a deep understanding of the universe.
- ☒ Useful Affirmation: *'I forgive myself and others for all past actions. I open my heart to the peace of unconditional love'*.

**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 for Attunements:** <http://www.spiritoftransformation.com/Attunements.htm>

**This essence is part of the Spirit of Transformation Karmic Guilt blend:**  
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**This essence is part of the Spirit of Transformation Scorpio - Pluto blend:**  
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**Green Man Essences:** <http://www.greenmantrees.demon.co.uk/tree.html>

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