

St John's Wort

Finding the Source of Our Light Within

Releasing Karmic Fear – Finding Protection



- ☒ It releases karmic and hidden fears of unknown origin, particularly if they're related to past lives.
- ☒ When we need St. John's Wort flower essence we're often of pale complexion, highly sensitive and are consciously working with the Light.
- ☒ Because we're 'thin-skinned' we may react particularly strongly to emotional shocks or trauma or to environmental stress such as electrosmog or pesticides.
- ☒ This essence helps us find a new way to relate to the light and the energy of fire so that it illuminates us rather than damages us.
- ☒ It can also be helpful for those of us at the opposite end of the spectrum who are light-deprived and have a tendency to low spirits and sadness.
- ☒ This essence helps us to enter the darkness of our shadow and protects us from negative energies as we travel to dark places within ourselves in search of illumination. It's a very useful essence to use during therapy.
- ☒ St. John's Wort blooms in full summer expressing the heat and expansiveness of fire energy, so when we need this essence we may be of an extrovert nature but we may need to temper our openness so that negative energies, attracted by our light aren't able to hook into our energy field.
- ☒ When we need this essence we may feel more at home in our astral body than in our physical one so we may be capable of travelling a long way during sleep. St. John's Wort helps our soul energies to separate properly from our physical body during sleep.
- ☒ It eases nightmares or 'busy' dreams and allows us to experience mystical states of clear vision.
- ☒ The soul path of this flower essence to find and nourish the source of Light within ourselves rather than look for it outside.

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 Karmic Fear blend:

<http://www.spiritoftransformation.com/karmicessences1.htm#karmicfear>

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

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

Patricia Kaminski – Flower Essence Society: <http://www.flowersociety.org/SJW.htm>

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