

Sunflower

Restoring Self-Esteem – Balancing Ego Spiritual Leadership, Compassion & Wisdom



- ☒ This essence helps you access higher spiritual wisdom and can inspire you to spiritual leadership.
- ☒ It can bring insight and compassion to emotional issues relating to your father or father figure, especially when there has been conflict and anger. It can bring greater harmony to the relationship.
- ☒ It's helpful if you have a difficult relationship to your masculine aspect or to your concept of spirit or God. When this is the case you may flip between feelings of low self-worth and being too modest, to being over-confident or arrogant.
- ☒ Sunflower brings balance to your male and female qualities. It calms you if you're being too domineering or attention-seeking, accentuating instead open-heartedness and empathy, whereas if you're being a shrinking violet it encourages you to radiate your natural light to inspire others.
- ☒ It opens and purifies the heart chakra bringing increased nurturing and empathic qualities.
- ☒ It can awaken a man's desire to be a father.
- ☒ It activates and aligns the kundalini energy; awakening all the chakras along the spine.
- ☒ When you aren't sure if the guidance you're receiving is from your inner wisdom or from your ego this essence can help you tell the difference. It also supports visualisations.
- ☒ It helps with breaking habitual ways of thinking or reacting when you're undergoing change so that you're better able to see the lessons and insights and to expand your level of consciousness.
- ☒ It helps you connect to the divine, to feel spiritually worthy and acceptable.
- ☒ It's useful if you have low self-esteem in certain areas, as it helps you to either remain calm or to assert yourself, as is appropriate to the situation.
- ☒ It's a wonderful essence when you feel insecure and particularly if you're being intimidated.
- ☒ It's especially powerful if taken first thing, as you greet a new day.
- ☒ Useful Affirmation: *'I'm divine and deeply beloved. I'm safely and wisely guided by spirit.'*

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 Kundalini Activation blend by Spirit of Transformation:
<http://www.spiritoftransformation.com/transformationessences.htm#kundaliniactivation>

This essence is part of the Spirit of Transformation Leo-Sun blend:
<http://www.spiritoftransformation.com/planetaryessences.htm#leo>

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

Ananda Apothecary: <http://www.anandaapothecary.com/fes-north-american-flower-essences/sunflower-flower-essence.html>

Crystal Herbs: https://shop.crystalherbs.com/Single-Flower-Essences/Sunflower---Flower-Essence_p-81-576.aspx?af=13071

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

Photo by Gunther: <http://www.flickr.com/photos/12013762@N04/2630448485/>
Copyright: Nikki Wyatt, Spirit of Transformation. All rights reserved.

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