

Touch Me Not - The Sensitive Plant

Releasing Limiting Patterns and Lack of Confidence
Allowing Closeness



- ☒ This essence works particularly with our feminine aspect. It encourages the expression of feminine energy that may have been inhibited by society or our family; beliefs about women's roles and women's power as well as limiting patterns we may have related to this. It also gives permission to men to express their feminine aspect and to both genders to express their whole authentic self rather than only the parts which seem approved of by society.
- ☒ It helps when we suppress certain parts of ourselves that we feel may not be approved of.
- ☒ It can bring insight into issues with boundaries in relationships – particularly where we keep people too much at a distance. It can help us understand why it feels unsafe to let people get close so that we can relax and allow greater intimacy.
- ☒ It helps us to release any limits placed on us by male energy, whether that's our internal male energy or external male figures.
- ☒ It stimulates the energy flow between the throat and brow chakras, enabling us to express our vision.
- ☒ It helps us become aware of our real worth so that we can receive recognition from others.
- ☒ It helps us feel supported and secure so that we're more confident, with a greater sense of self-worth.
- ☒ It helps us to welcome physical touch and closeness, to feel safe and trust in our physical body.
- ☒ Useful Affirmation: *'I feel confident and secure in my body and in expressing my true self. I relax and allow closeness.'*

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.

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

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

South African Flower Essences: http://safloweressences.co.za/Touch_Me_Not_Essence.html

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