

Tufted Vetch

*Self-Assurance, Healthy Boundaries and Independence
Balancing Sexuality*



- ☒ Works on the brow chakra stimulating many changes.
- ☒ It helps with a lack of self-direction or trust, compulsive tendencies or sexual issues.
- ☒ It brings self-trust, self-assurance, independence, freedom from habits and self-governance.
- ☒ It helps you become your own person, believe in yourself and your abilities and to nurture yourself.
- ☒ Instead of wanting to lean on others it will boost your self-confidence. Any need to be protected will shift. It helps you think for yourself, make your own decisions, and become your own person.
- ☒ It encourages assertiveness, healthy boundaries, and saying no appropriately.
- ☒ Tufted Vetch is especially good for those of us who tend to be too gentle, nurturing and caring.
- ☒ This helps our sexual self image. A wholesome human drive is often portrayed as shameful, lustful, manipulative and all about power. Tufted Vetch helps us rebalance the male and female aspects of our sexuality.
- ☒ When this essence is indicated, ask yourself whether it's Yin or Yang energy that's needed to bring the male and female characteristics into balance. As our male and female sides become more balanced, much of the sting is taken out of sexual relationships. By finding ease with our own sexuality we'll find ease in relating sexually to others. Only then can we truly honour our own sexuality and then, by reflection, honour the sexuality of others.
- ☒ Useful Affirmation: *'I trust in my ability to care lovingly for myself'*

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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This essence is part of the Spirit of Transformation Virgo - Mercury/Chiron blend:
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N.B: Using essences is not a substitute for medical attention - if you're ill consult a medical practitioner.