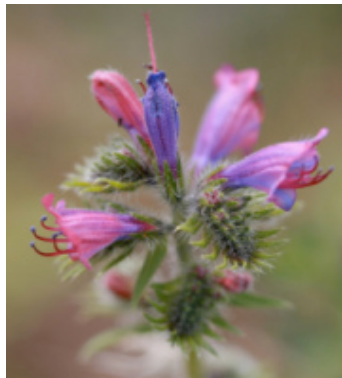


# Vipers Bugloss

## *Releasing Trauma and the Role of Victim or Perpetrator Gentle, Assertive Speech*



- ☒ This essence helps us connect with powerful ancient understandings and supports their development.
- ☒ Shamanically it's linked with the spider and the snake
- ☒ It eases the changes brought about as we integrate subconscious knowledge and awareness.
- ☒ It can bring past-life patterns into our awareness that are affecting us now.
- ☒ It helps us find a more positive way to get our needs for love and nurture met, rather than get into a manipulative, passive-aggressive power struggle.
- ☒ It opens and balances the heart chakra so that we can give more unconditionally.
- ☒ It heightens our awareness of the words we use and the power of language to change a situation.
- ☒ It releases the need to be right so that we take a more compassionate view of ourselves and others.
- ☒ It helps us speak with greater consideration and inspiration – more from the heart.
- ☒ This is a powerful essence which impacts all aspects of our mind, body and spirit
- ☒ It helps release trauma if we've been physically, emotionally, mentally or sexually victimised
- ☒ It gives us greater self-awareness so we can change our behaviour and thought patterns so that we no longer provoke the same reactions and are able to release the victim role.
- ☒ It helps balance our sense of personal power so that we can assert ourselves if we're too gentle and soften if we're too dominant.
- ☒ It's very helpful if we feel trapped in an unhelpful relationship dynamic.
- ☒ It's a deeply cleansing essence on all levels, through our physical body and energy field.
- ☒ It can boost our enthusiasm, creativity and life force, including fertility..
- ☒ Useful Affirmation: *'I gently release power struggles and past harm, lovingly expressing my truth'*

**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 Speaking Your Truth blend:**

<http://www.spiritoftransformation.com/transformationessences.htm#speakyourtruth>

**This essence is part of the Spirit of Transformation Virgo - Mercury/Chiron blend:**

<http://www.spiritoftransformation.com/planetaryessences.htm#virgo>

**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](http://www.crystalherbs.com/shop/aftrack.asp?ID=74&Req=prodtype.asp?PT_ID=81)

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