

## Willowherb

### *Releasing Confusion and Control - Correct Use of Will Finding Stability and Self-Mastery*



- ☒ This essence helps when we have patterns of feeling frustrated when things don't go our way. We may use our will to control or dominate others. It tempers our use of will with love and the understanding that we are all one and all equal, nobody is better or more deserving than another.
- ☒ It helps when we feel tossed about on the seas of life. powerless to choose our own direction. We may feel disoriented and down; the victim of a situation beyond our control.
- ☒ It's for when life appears random and unsafe. We may feel insecure and unable to trust in the support of the universe.
- ☒ Willowherb brings us fully into our bodies so that we are planted safely in the Earth and able to survey our situation from a position of strength and serenity.
- ☒ It encourages a centred, calm approach which enables us to meet the situation with confidence.
- ☒ Useful Affirmation: *'I feel strong and calm in life's changing flow. All is well.'*

**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 Karmic Power blend:**

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

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

Bailey Essences: [http://www.baileyessences.com/cgi-bin/moreinfo\\_bailey.pl?ROSEBAYWILLOWHERB-10ML](http://www.baileyessences.com/cgi-bin/moreinfo_bailey.pl?ROSEBAYWILLOWHERB-10ML)

Findhorn Essences: <http://www.natureswisdom.co.uk/item--WILLOWHERB-findhorn--WILLOWHERB.html>

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