

Woolly Betony /Lamb's Ears

Appreciation For Yourself and Others
Soft, Gentle Support - Opening to Love



- ☒ This essence connects you to the gentle, sensitive side of your nature and is useful if you habitually speak harshly or judgementally to others or often have critical thoughts about yourself.
- ☒ It also helps when you are sensitive. It enables you to remain strong and confident whilst maintaining a deep sensitivity.
- ☒ It promotes a tender touch and kind words, encouraging you to treat yourself and others with compassion.
- ☒ As your heart opens, your energy field becomes receptive to more love, closeness and spiritual wisdom which can find expression through the throat chakra.
- ☒ It encourages you to speak appreciatively of others and of all aspects of your life.
- ☒ It releases resistance and rigidity, allowing you to flow more easily with life.
- ☒ Useful Affirmation: *'I honour my sensitivity. I feel its soft, gentle support allowing me to access the deepest recesses of my heart with strength and compassion, so that I can love fully with deep appreciation for all that is'*

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 here for attunements: <http://www.spiritoftransformation.com/Attunements.htm>

This essence is part of the Spirit of Transformation Appreciation blend:

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

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

Flower Essences of Fox Mountain: http://sovereignhillfarm.com/indi_view_essences.php?title=Lambs%20Ears

Green Hope Farm: <http://www.greenhopeessences.com/Essences/Farm/lambsear.html>

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