

Wormwood

Forgiving Ourselves and Others

Releasing Disempowering Patterns



- ☒ This helps release self-doubt and worry enabling us to make empowering, independent choices.
- ☒ Helps release old patterns of reacting that we hold in the heart chakra.
- ☒ Helps us detach from stories we have told ourselves about past hurts.
- ☒ Helps to let go of energetic entanglements and old programmes, after we've brought them into awareness.
- ☒ This is of powerful support in dissolving old anger and bitterness, where we feel hurt and victimised whether intentional or not.
- ☒ It is equally helpful when we cannot forgive ourselves for past actions.
- ☒ It brings compassion and softening to our relationships with ourselves and others.
- ☒ Useful Affirmation: *'I forgive myself and others for the past and start afresh with compassion'*

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 Let Go and Flow blend:

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

This essence is part of the Spirit of Transformation Karmic Forgiveness blend:

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

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

Delta Gardens Flower Essences: <http://www.deltagardens.com/medicinal/wormwood.htm>

Green Man Essences: <http://www.greenmantrees.demon.co.uk/flower.html>

Alaskan Flower Essences: http://www.healthlines.co.uk/FLOWER_ESSENCES/Alaskan_Essences/Alas_Fl_4.php#mw

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