

Pelican Flower

Accepting Our Childhood Situation

Releasing Sacrifice to Create our own Life and Happiness



- ◆ For those of us who grew up in a home where we perceived that one or both of our parents were self-absorbed and/or emotionally unavailable. We may have felt they made emotional demands on us that we could not possibly have met as a child, or even now as an adult ourselves. Perhaps this was due to unresolved issues which our parents carried, putting them in too much need of help themselves to be able to be of adequate support to us.
- ◆ This can be a very important essence for those of us who still find ourselves making great sacrifices, including putting our own lives on hold, in hopes of obtaining some true sense of love and support from our parent(s).
- ◆ It helps us release toxic guilt and patterns of rescuing and sacrifice; to understand that the roles have been reversed between parent and child and the expectations we've taken on are more than any individual could possibly have fulfilled.
- ◆ Pelican flower allows us to let go of this family dynamic and to understand that whatever love and support we were able to take from our parents was as much as they could give us, given the childhood that they themselves experienced, and as much as we felt deserving to receive. Even if their past was such that they were only able to give us the gift of life itself, respecting and accepting that can bring real peace.
- ◆ This essence encourages us to accept what is, even if it doesn't feel enough or feels a heavy burden, we should treat ourselves and our ancestors with love, respect and honour, allowing the karmic burdens to rest with the appropriate person and claiming our right to live our life in a way that makes us truly happy. Joining them in their pain helps no one. Leading a happy life is the best way to honour our family and to make any suffering or sacrifice worthwhile.
- ◆ Useful Affirmation: *'I understand that the only person's emotional needs that I am responsible for are my own'*

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

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