

# Red Valerian

## *From Burnout to Balance*

### *Feeling Safe and Integrating the Past*



- ☒ This essence works powerfully to calm the base or root chakra when it's over-stimulating us to the point that we feel extremely stressed and drive ourselves to constantly achieve more in life.
- ☒ We may overwork and over-do until we're exhausted yet feel unable to slow down and take time to relax.
- ☒ We may benefit from this essence particularly when we feel low or chronically anxious. This imbalance stems from repressed memories and feelings relating to our survival which we have not yet been able to resolve.
- ☒ This essence helps to rebalance the base chakra and encourages us to integrate our survival issues in healthier ways.
- ☒ In addition it opens our heart to greater love and zest for life so that we develop a more positive and optimistic attitude.
- ☒ It can also be of great assistance if we're grieving the end of a relationship which we feel should have had a different outcome. It helps us to accept the situation, to understand that it wasn't destined to last and to find the gift of learning that the experience was intended to bring.
- ☒ It's also a powerful balancer of chi when used in Feng Shui.
- ☒ Useful Affirmation: *'I'm safe and secure. I relax and take breaks when I need to. I accept and learn from the past'.*

**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.

**This essence is part of the Spirit of Transformation Base Chakra blend:**

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

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

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

Morningstar Essences: <http://morningstar.netfirms.com/flowerpz.html>

Moon Meditations: <http://www.moonmeditations.com/essences/index4.html>

New Millenium Essences: [http://www.nmessences.com/essences/spur\\_valerian.html](http://www.nmessences.com/essences/spur_valerian.html)

Photo by Nikki Wyatt

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