

## Wolfberry – Goji Berry

*Facing and Releasing Deep Emotion and Sorrow*  
*Allowing Profound Inner Shifts*



- ☒ This essence is for releasing deep sorrow; it encourages us to use the feelings to connect with something greater and wiser than our everyday personality.
- ☒ When we're aware of a deep inner process occurring but we aren't sure of its exact nature, this essence helps us to simply accept it without resistance.
- ☒ We need Wolfberry when we feel unable to face painful feelings, particularly suppressed grief.
- ☒ This essence can also be helpful when we feel too many events are coinciding and we don't have time to process or manage them – we may feel as though we have emotional indigestion.
- ☒ As the essence takes effect we can become more accepting of our emotional 'weather' and allow feelings to pass through and shifts to occur without needing to analyse them.
- ☒ It can help us feel calmer and more centred even when many things occur at the same time.
- ☒ It can help us to be more understanding and compassionate of others feelings and of our own, so that we no longer blame others or ourselves but are able to be more accepting.
- ☒ Useful Affirmation: *'I accept my feelings and allow them to process without judgement, with calmness and 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 here for attunements:** <http://www.spiritoftransformation.com/Attunements.htm>

**This essence is part of the Spirit of Transformation Capricorn-Saturn blend:**

<http://www.spiritoftransformation.com/planetaryessences.htm#capricorn>

**This essence is part of the Spirit of Transformation Karmic Grief blend:**

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

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

Desert Alchemy: <http://www.desert-alchemy.com/txt/ie/wolf.html>

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