

# Beetroot

## *Releasing War Trauma and Fear of Lack Being Able to Trust and Receive Once More*



- ☒ This is a powerful essence if we have buried wartime trauma deep in our individual or group subconscious – unable to process it. Whether we were involved directly in the action or it had consequences for us as a civilian, it may emerge as post-traumatic stress.
- ☒ Such trauma may not have happened within our own generation, but strong emotional patterning is often passed on down the generations in the form of being emotionally shut down, having difficulty getting close to anyone, fear of abandonment or being unable to trust.
- ☒ Beetroot juice is red, the colour of blood gathered in the earth like that of the fallen. Like bloodstains, the stains of beetroot juice are difficult to remove. This essence supports us so that we can feel and release the suffering for ourselves and our ancestors so that we can make a fresh start.
- ☒ This is a useful essence for land healing. It can help transmute traumatic memories of events that have occurred on the land in the past, supporting any earthbound energies to go back to the light.
- ☒ It rebalances and rejuvenates our base chakra, so when fear makes it hard to be fully in our physical body Beetroot essence can help us to stabilise and ground ourselves on the earth.
- ☒ It's particularly helpful when our fear is of financial lack and being unable to support ourselves. This essence will help us to feel safe and to have the faith to receive abundantly from the universe.
- ☒ It's very helpful to take when starting new projects, as it paces fresh growth so that we neither feel overwhelmed at moving too fast, nor do we slow down to the point where we lose motivation. It keeps us ticking over at a sustainable rhythm.
- ☒ Useful Affirmation: *'I ask the Light to hold me steadfast and give me the strength to release the trauma that I or my ancestors have been afraid to remember. I move forward confidently at a safe, comfortable pace.'*

**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 Karmic Lack blend:**

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

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

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

**Acknowledgement and Thanks** With acknowledgement and thanks for this information to:  
New Millenium Flower Essences: [http://www.nmessences.com/healing/beetroot\\_h.html](http://www.nmessences.com/healing/beetroot_h.html)

Photo courtesy of Rebsie Fairholm: <http://www.flickr.com/photos/rebsiefairholm/4395023871/>  
Copyright: Nikki Wyatt, Spirit of Transformation. All rights reserved.

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