

## Bleeding Heart

### *Healing Heartbreak*



#### **How Bleeding Heart Helps**

The function of Bleeding Heart is obvious by its name, shape, colour and the way it grows. The heart-shaped flowers hang together, which is what the word 'co-dependent' originally means – hanging together. So this is a great remedy for any of us prone to possessiveness, over-attachment and co-dependence or anyone suffering deep grief. As you might imagine from the picture, it's also the 'Heartbreak Essence' - a wonderful balm when our heart is wounded from the passing of someone dear or the break up of a relationship.

It's also for those of us whose hearts are too scarred to love freely because it wasn't allowed to 'bleed' when it needed to, whether in this lifetime or in a past life. Maybe when we were wounded in the past it wasn't safe, it wasn't allowed, it wasn't considered 'appropriate' or was seen as weak, maybe even seen as a betrayal. The reason isn't important - as we take the essence the heartache eases, the old sorrow releases and we're able to open fully to receive love again.

#### **I'm OK - You're not OK**

Bleeding Heart is useful when we feel trapped and helpless, where we feel that if only our partner/friend/boss/colleague would change, then it would all be OK. The truth is we're trapped in old emotional patterns and Bleeding Heart helps us step back objectively from those intense past feelings so that we can see that the ONLY person who can change the way they act and react is us.

It also helps us connect to musical talents and the power of sound healing – if you open each flower there are tiny structures similar to musical instruments - take the essence whilst listening to music that makes you feel soothed and peaceful for an additional boost.

Useful Affirmation: *'I honour my grief. When the time is right for me I release it and move on.'*

**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 Graceful Release blend:**

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**This essence is part of the Spirit of Transformation Healing Heartbreak blend:**

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

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Morningstar Essences: <http://morningstar.netfirms.com/flower2.html>

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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.