

Cauliflower

*Stability, Safety, Birthing, Emotional Integration
Supporting Positive Body-Soul Connection*



- ☒ This essence is totally supportive of the birthing process, whether you're giving birth to child, a creative idea or a new direction for your life. This eases the experience, helping to keep the soul and body fully connected so that you remain self-aware and focused on your purpose as you go through the process.
- ☒ It works mainly in the base chakra helping you to anchor your energy into the earth which allows you to feel safe. Your other chakras can then align with a firm foundation.
- ☒ It's wonderful for breaking the cycle of negative thoughts, transmuting them into positive ones.
- ☒ It helps break up areas of negative energy, wherever they are held in the body, creating easier flow.
- ☒ It helps if you find it hard to deal with feelings. It helps you to integrate, sort and 'digest' emotions.
- ☒ It's a protective essence which helps you open up if you live from a guarded position of fear, so that you don't engage adventurously with life. It helps you feel safe enough to live fully and take risks.
- ☒ It's an excellent essence if you experienced difficulty at any point as you first came into the world.
- ☒ It can help to release difficult emotions about being born and having to incarnate into the world.
- ☒ Useful Affirmation: *'I'm safely anchored on the earth. I deal easily with my feelings, flowing with the creative process of life, engaged and on purpose.'*

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 You Are Enough blend:
<http://www.spiritoftransformation.com/transformationessences.htm#enough>

Acknowledgement and Thanks With acknowledgement and thanks for this information to:
Flower Essences of Fox Mountain: <http://www.foxmountain.net/cauliflower/>

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

South African Flower Essences: http://safloweressences.co.za/Cauliflower_Essence.html

Pereleandrea Garden Essences; <http://www.luminouslotus.com/pere-garden-cauliflower.htm>

Photo courtesy of Jesse Ray: <http://www.flickr.com/photos/labrancaro/6913613431/>
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.