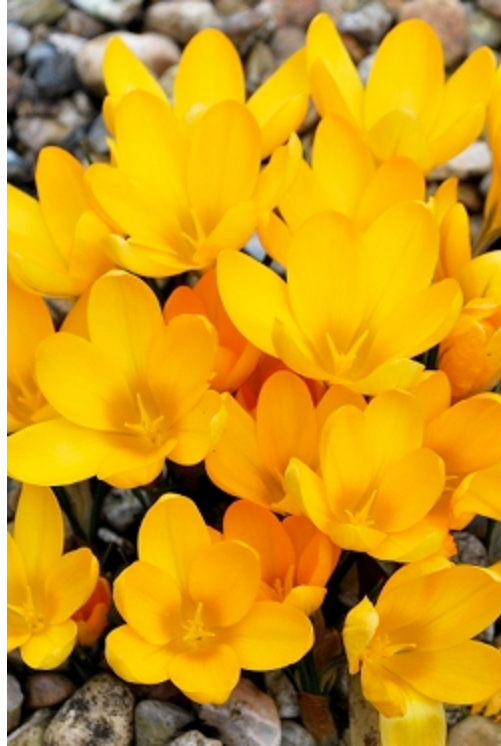


Golden Crocus

Self-Forgiveness, Courage and Personal Power Finding a Positive Self Image



- ☒ This essence brings love and acceptance of how we see ourselves.
- ☒ It enables us to forgive and be more accepting of our perceived flaws.
- ☒ It enables us to verbalise our emotions more authentically and to be more assertive when necessary.
- ☒ It helps us to maintain healthy boundaries and to take care of ourselves lovingly.
- ☒ It helps to release and resolve past emotional pain.
- ☒ It is very soothing when we have suffered bereavement or abandonment or a difficult transition.
- ☒ It helps to reduce worry and concern, bringing a much more positive attitude.
- ☒ It helps to access higher wisdom and to step into a greater sense of our own potential.
- ☒ Great for when we feel frightened or victimised.
- ☒ Useful Affirmation: *'I forgive and release past pain. I embrace and enjoy my own power and guidance'*.

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 for Attunements: <http://www.spiritoftransformation.com/Attunements.htm>

This essence is part of the Spirit of Transformation Forgive, Love and Accept Ourselves blend:
<http://www.spiritoftransformation.com/transformationessences.htm#forgivingourselves>

Acknowledgement and Thanks With acknowledgement and thanks for this information to
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N.B: Using essences is not a substitute for medical attention - if you're ill consult a medical practitioner.