

# Lobelia

## *Releasing Shame - Restoring Self-Worth*



- ☒ Our greatest blocks to wealth are unresolved shame and fear of our own power, so Lobelia will also help our ability to create and sustain wealth.
- ☒ Use to heal shame-based issues: sexual, moral, psychological and belittlement
- ☒ Heals family-of-origin issues regarding self-worth and empowerment
- ☒ Gives us the courage to own, express and speak the truth regarding oneself
- ☒ For shyness or shame around expressing our sexual nature
- ☒ Helps us develop clear and healthy boundaries in our relationships
- ☒ Strengthens our self-confidence, even when others are not supportive
- ☒ Supports stronger self-love, self-acceptance and self-esteem
- ☒ Helps us understand the impact of negative shame-based programming and find a model that validates all experiences, not just socially acceptable ones
- ☒ Lobelia allows us to be our own best friend so we will know how to be a good friend to others
- ☒ Increases the flow of blessing into our life by adjusting our attitude towards an expectation of goodness and joy
- ☒ Brings appreciation of self and lessons learned: the journey from abasement to self-honouring
- ☒ Helps us to release our old stories as nothing but landmarks on our path
- ☒ Many of us with shameful past secrets have life-scripted this trauma in the attempt not only to burn off karma but also to be available, once healed, for assisting in the transformation of others:  
*"We shall lift each other up."*
- ☒ Very useful for getting in touch with our basic instincts, body rhythms, earth rhythms, cycles, living in harmony with our body, the earth, listening to these rhythms and going with them, knowing what we need - rest, food, love
- ☒ Brings clarity and release around limitation programming
- ☒ On a psychological level it refreshes our vision or perspective
- ☒ It enhances our transformation abilities in murky environments.

**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 Healthy Rhythms blend:**

<http://www.spiritoftransformation.com/transformationessences.htm#healthyrhythms>

**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.