Lupin
Releasing Patterns of Isolation and Withdrawal
Finding Involvement, Joy, Desire and Creativity

☑ This essence helps when we feel mentally confused. It brings integration and calmness.
☑ It helps with a pattern of defensive independence where this has led to isolation and an inability to accept support or connection; an attitude of 'I can cope'.
☑ It's very useful for patterns of being inflexible and if we have suppressed our sexual desires.
☑ Beneath the independent exterior we may have old wounds of feeling deeply let down; we may have buried feelings of bitterness and anger.
☑ Where such patterns stem from childhood we may have been obsessive from a young age.
☑ Physically these patterns may manifest as having problems with breathing.
☑ It's also helpful for deeply held karmic patterns which keep repeating.
☑ This essence helps us access our intuition, bringing important insights and innovative solutions.
☑ It enables us to see the long-term consequences of our actions on the wider community.
☑ It increases our desire to serve, opening our heart chakra so that we're able to experience our inter-connectedness to all things.
☑ Lupin essence helps to unlock our creative and sexual expression.
☑ It can enable us to feel more joy in life and feel more engaged with those around us.
☑ Useful Affirmation: 'I open my heart to feel my interconnectedness with those around me and every aspect of the natural world. I live as part of a greater whole.'

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 Loneliness blend:
http://www.spiritoftransformation.com/karmicessences1.htm#karmicloneliness

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.