

Marsh Marigold

Openness, Willingness, Contentment
Balancing Mental Energy with Physical Nurture



- ☒ Learning to balance excessive 'head' energy with the needs of the physical body. Coming from the place within where each is given equal voice.
- ☒ Helps overwhelming, excessive mental activity leading to patterns of ill-health and exhaustion.
- ☒ It's an excellent remedy for light-sensitivity or depression from lack of sunlight. Holds a frequency of Light and sun for those easily depressed by grey weather.
- ☒ It's helpful for insomnia.
- ☒ It has a strong impact on third-eye circuitry.
- ☒ Emotionally this essence softens the heart chakra to feel and express openness, willingness to be present in other people's lives.
- ☒ Breaks down communication barriers between two people; increases understanding via intuitive and verbal channels. Increases resonance between friends with the intention of developing telepathy.
- ☒ Brings more contentment with our life stages; useful for mid-life crises.
- ☒ Spiritually it enhances meditation. It allows more soul information to come into consciousness while taking stock in mid-life, to begin bringing through greater soul aspects in the remaining incarnation.
- ☒ Helps attunement to the Golden Ray
- ☒ Spiritualises the Solar Plexus chakra

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>

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

Crystal Herbs: http://www.crystalherbs.com/shop/aftrack.asp?ID=74&Req=prodtype.asp?PT_ID=81

Lightbringer Essences: <http://www.lightbe.co.uk/ie2.html>

Hummingbird Remedies: http://www.druidlabs.com/hbr/flowers_mno.html

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.