

## Peach Palm

*Taking Care of Caretakers*

*Reminding us to receive and nurture ourselves as well*



- ☒ This essence is for when you constantly look after those around you, but overlook yourself.
- ☒ It helps you become aware that the energy circle completes when you receive as well as give.
- ☒ It's a wonderful essence when you're weary and depleted from looking after others.
- ☒ Useful Affirmation: *'I honour my own needs, I always take good care of myself.'*

**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 Self-Care & Self-Love blend:**

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

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

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

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Alex's Plant Blog: <http://popovkin.wordpress.com>

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**N.B:** Using essences is not a substitute for medical attention - if you're ill consult a medical practitioner.