

# Pomegranate

## *Nurturing through Death, Rebirth and Major Transitions Loving and Enjoying Our Feminine Energy*



- ☒ This plant was developed in Lemuria to demonstrate the spiritual purpose of the base chakra and further developed in Atlantis to imbue us with particular spiritual qualities.
- ☒ It's main role now is to assist with death and rebirth; with endings and fresh starts. It gives us access to the levels of stamina, courage and resilience needed in times of major change.
- ☒ It's a useful essence when we seek healing through meditation or shamanic journeying whether for ourselves or for another.
- ☒ This essence can bring emotional balance, particularly for women. It helps women accept and enjoy their feminine energy – so it can also help men to integrate their feminine side and to connect with their nurturing qualities. It helps all of us to feel safe and loving whilst expressing our feminine qualities.
- ☒ Pomegranate helps us acknowledge our own need for love and care and allows us to acknowledge the ability to provide that for ourselves and others. It helps with a pattern of independence, where we're unable to accept support, or self-aggrandisement born from insecurity and lack of support and nurture as a child.
- ☒ It bestows wisdom and balances the qualities of yin and yang within our personality.
- ☒ Pomegranate temporarily aligns all our chakras allowing for a better flow of energy. This cleanses our system so that essences and all vibrational treatments can be more effective.
- ☒ It opens the sacral chakra, stimulating passion and allowing us to reach new levels of fulfillment.
- ☒ Pomegranate can help all female issues.
- ☒ Useful Affirmation: *'I allow transformation and change to occur joyfully in my life. I enjoy nurturing myself and others.'*

**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 Sacral Chakra blend:**

<http://www.spiritoftransformation.com/chakraessences1.htm#sacralchakra>

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

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The Gurudas Essence Books: <http://www.spiritoftransformation.com/essencedirectory.htm#recommendedreading>

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