

Primula

Finding the Answers Within Waking Up Your Heart to Love and Self-Worth



- ☒ This essence helps you become aware of life's lessons and to gain wisdom from them, encouraging you to find the answers within.
- ☒ It helps you see the way forward, so that you feel clear about your next steps.
- ☒ It works in the throat chakra and is excellent for blocked self-expression.
- ☒ It also works in the heart chakra where you may have become numb to your feelings, due to deep hurt.
- ☒ It's helpful when you feel listless and can't connect to any enthusiasm for life.
- ☒ This essence allows your heart to awaken to feeling joyful again.
- ☒ It helps you to feel worthy of receiving abundance and to trust yourself to use it well.
- ☒ Useful Affirmation: *'I release my pain and open to feelings of love and self-worth. I know that there is enough and I trust I can share my love and my truth with joyful enthusiasm.'*

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:

New Millenium Flower Essences; http://www.nmessenaces.com/essences/primula_obconica.html

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

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