

# Fig Leaf Essence

Healing Shame

Fig Leaf was birthed under an Old Moon inviting your shadow self to release shame that's been passed down or learned. Shame shuts us down, out + off from our power, truth, creativity, joy, love, light, self-expression, passion, laughter, dreams and soul goals. This abuse is felt as a soul loss and you are ready to heal this.

Your light is rising up to be seen and heard. This essence works on the energetic level.

## **What's in it?**

Lemon Myrtle ~ Offering a refreshing taste that is calming , relaxing and can stop a downward spiral.

## **Vibrational Medicine:**

Fig Leaf brewed in sunlight till a Dark Moon rose which guided me to shroud the jar symbolizing the 'mask of shame' that's hidden your soul essence. This fusion will restore your birthright as the sacred feminine.

**Sodalite** ~ To help you to step away from your 'tribe's viewpoint + belief system'

**Rose Quartz** ~ Encouraging forgiveness and self-trust

**Carnelian** ~ To overcome frigidity

**Rhodochrosite** ~ Encourages a more positive attitude, spontaneous expression of feelings i.e passion/joy.

**Moonstone** ~ Excellent for pms, conception, pregnancy, childbirth and breast feeding mothers.

**Fluorite** ~ Rekindles sexual libido and heals the heart

**Amber** ~ Resting for 48hrs on a bed of Amber as an elixir for wound healing and to encourage peacefulness.

**Intimacy** ~ Sensual Seed Oracle Card ~ Accept yourself in totality to allow true intimacy to unfold

## **Energetic Medicine:**

Seichim Healing Energy released shame from the sinus, jaw, lower back, nervous system and cheeks. You've carried this burden for many which has left you like a bird whose wing has been broken and is unable to fly.

Abuse, betrayal, disgust and shame was returned to the original source within your timeline for true healing of the sacred feminine. You are the circuit breaker this ends with you.

## **Sound Medicine:**

**Koshi Chimes** ~ To restore sweetness, innocence and light into your being.

**Clap Sticks** ~ A sharper sound to release past lovers energy from your auric field and womb.

**Crystal Bowl** ~ Raising the vibration to 100% . Open your mind to learning new ways of living and loving.

**The Hour of Nectar** ~ Meditation CD with singing + crystal bowls + crystal bowls to awaken beauty within

## **The vision when you take your essence:**

See a dark cloak representing shame falling away from you. Let it go. Feel a sense of freedom. Stretch your wings. See yourself as Venus - the Goddess of beauty + love standing in her true essence. Feel the elixir flowing down from mouth to womb cleansing forever the secrets and shame.

Claim your femininity as the most sacred honour you've ever been given. You are beautiful. You are alive with passion, joy, creativity, love and a divine sacred feminine power.

### **Alchemy in a Bottle**

[www.femininespirit.com.au](http://www.femininespirit.com.au)

**Sensual Seed Oracle Cards:** [www.sensualseed.com](http://www.sensualseed.com)

**The Hour of Nectar:** [info@paceaudio.com](mailto:info@paceaudio.com)