

Recovery from Abuse



Small Agapanthus

Healing the legacy of having been abused

The flower essence for assisting one to let go of the conviction that one has been wounded and hurt by “abuse” of some form.

To help a person to release the self-created power that the abuser has over one, and to see that this power only exists as long as one believes that the “abuser” is the one that holds the power.

Affirmation: “I now fully reclaim my power, and move on from this.”

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