

# Bo Tree

## *Expanding Consciousness and Compassion Living an Enlightened Life*



- ◆ This essence holds the energy of seeking and finding enlightenment, inspiring us to connect with and to express the energies of Buddha.
- ◆ It can promote changes in consciousness in unexpected ways, helping psychic energy to develop into spiritual energy, so is best taken with no specific expectation of how it will affect you.
- ◆ It can be helpful when we've spent time exploring states of higher consciousness and need to find a way of being in the outer world which allows us to fully express our spiritual selves whilst still being present at an everyday level to our community and ourselves.
- ◆ It can help release fear and expand our consciousness, facilitating very insightful and focused meditative states.
- ◆ It can help to regulate energy levels especially when we feel mentally depleted or spiritually disillusioned.
- ◆ It stimulates the flow of energy through all the chakras. It particularly affects the feet and crown chakras and some of the chakras above the crown. It helps us draw energy from the earth through the feet, where it is transmuted and moved up the spine and through the crown.
- ◆ It encourages us to release judgement and blame so that we have greater compassion for ourself and others,
- ◆ Useful Affirmation: *'I am one with the perfection and magnificence of the universe and I experience others equally in their divine essence'*.

**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 Feet Chakras blend:**  
<http://www.spiritoftransformation.com/chakraessences1.htm#feetchakras>

**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.