Crocosmia/Montbretia
Relaxed Confidence, Respecting Boundaries
Playful Enjoyment, Stepping Up

This essence promotes cleansing and encourages you to feel more confident, especially in groups.

It helps if you become too serious in your efforts to appear more confident than you really feel.

It works through the base, sacral and throat chakras to instil confidence as you move through the varied aspects and situations in your life.

It can help release emotions related to past events which have become locked in your muscles.

It helps you to relax and become more playful and content, so it's useful if you're prone to melancholy and disappointment in the choices that you make – especially in your choice of partner.

If you have patterns of being over-involved in other people's lives and problems this helps you to detach, be respectful of boundaries and accept situations without needing to intervene.

It embodies fire energy and can help to redress an imbalance of water energy, when you may feel bogged down and low in spirits.

It can help release patterns of self-sacrifice, so that you can accept a more enjoyable path in life and feel more content with your choices.

It encourages you to focus on taking positive steps towards what feels possible for you now, rather than focusing on goals that feel too daunting and sap your confidence.

It helps you believe in yourself enough to step into a new level of expression to a wider audience.

Useful Affirmation: 'I relax and enjoy myself as I step confidently onto a larger stage in my life.'

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.

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This essence is part of the Spirit of Transformation Sacral Chakra blend:
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Acknowledgement and Thanks With acknowledgement and thanks for this information to
Green Hope Essences: http://www.greenhopeessences.com/Essences/Irish/montbretia.html
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