

Day Lily
Live for the Day
Become Present, Confident and Powerful



- ☒ This essence encourages us to 'live for the day' and reminds us of the power of now.
- ☒ It holds the energy of rebirth, releasing our old way of living and encouraging a fresh start.
- ☒ It helps us to grasp the concept of ourselves as eternal beings.
- ☒ It helps us release our emotional attachment to how things turn out, so that we remain philosophical and able to accept life's ups and downs as learning experiences.
- ☒ This essence brings us fully present whilst connected to our inner wisdom.
- ☒ It makes us aware of the pointlessness of regretting the past or worrying about the future, when the only point of creation and power is right now, so we need to make the most of that.
- ☒ It boosts our sense of self-worth and gives us the confidence to follow our intuition.
- ☒ It helps us see that expecting others to change is pointless, leading only to frustration and resentment. The only person we can change is ourselves, so it encourages us to focus on our own thoughts, actions and vibrational alignment.
- ☒ Useful Affirmation: *'I am living in the present moment, making the best of each day and savouring its riches. Creative change begins within me, right here, right now.'*

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 You Are Enough blend:

<http://www.spiritoftransformation.com/transformationessences.htm#enough>

Acknowledgement and Thanks With acknowledgement and thanks for this information to:

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

Elemental Energies: <http://www.elementalenergies.ca/elemental-essences.html>

Photo courtesy of Clive Reid: <http://www.flickr.com/photos/kleinz/3225224772/>

Copyright: Nikki Wyatt, Spirit of Transformation. All rights reserved.

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