

River Oats
Releasing Dreams
Allowing Flow Towards New Horizons



- ☒ This essence helps us to let go and move on, to move with the flow of where life is trying to lead us.
- ☒ It can be so easy to get trapped in the thinking that if we pursue something long enough, that somehow it will come to fruition. But what we are pursuing might not truly be where our best interests lie and the way to find out is to totally let it go and just allow the River of Life to lead us where it will, something this essence helps us to do.
- ☒ It's hard to let go of a cherished dream, yet we may have actually have out-grown that dream and to achieve it would not bring us the happiness we had hoped it would. Instead, there is something far better that awaits us but in order for us to have it, we must allow ourselves to release those goals and dreams that no longer serve us.
- ☒ River Oats helps us to let go with greater ease and joy, so that we may be effortlessly carried along to the wonderful manifestation of that which is beckoning to us.
- ☒ Useful Affirmation: *'I allow the river of life to carry me along to my greatest good and joy'*

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 for attunements: <http://www.spiritoftransformation.com/Attunements.htm>

This essence is part of the Spirit of Transformation Let Go and Flow blend:

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

Acknowledgement and Thanks

With acknowledgement for this information to Morningstar Essences: <http://morningstar.netfirms.com/flowerpz.html>

Photo courtesy of Holly: <http://www.flickr.com/photos/66336702@N00/1396859169/>

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.