Wild Gardenia
Releasing Fear and Resistance to Letting Go
Allowing A Serene Transition

This essence is of immense support when something is coming to an end. Endings may bring up fear; an inability to let go and allow the transition to happen, even when resisting closure is causing suffering to yourself and those around you.

It can apply to the death of the physical body, the 'death' of an aspect of your personality, the end of an unhelpful relationship dynamic or a way of life. When there is a need to release something that no longer serves you, this is an excellent essence to choose.

Resistance often stems from fear of the unknown. This essence brings a strong connection to Source that brings enough faith to allow the next step to unfold with serenity; even when you don't know what the future will bring.

Useful Affirmation: 'I release my attachment to situations that need to change. I let go and allow myself to be enfolded in the embrace of a loving universe. All is in divine order.'

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 Conscious Transition blend: http://www.spiritoftransformation.com/transformationessences.htm#conscioustransition

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


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