

Californian Poppy

Expressing Your Truth with Confidence Balancing and Guiding a Psychic Awakening



- ☒ This essence cleanses the emotional body and releases karmic patterns and past life information in a balanced way, working through the solar plexus chakra.
- ☒ It's particularly stimulating for artistic creativity, as it awakens past life gifts and knowledge.
- ☒ Used to maintain emotional and mental balance during the process of opening up psychically, which in some people can be quite dramatic and sometimes overpowering.
- ☒ It helps clear blockages to the natural flow of emotions through the throat, heart, solar plexus and sacral chakras. It can be used for emotional cleansing and brings courage to self-expression..
- ☒ It helps if we're being diverted from our path by people who are not genuine or spiritually aligned but who may put up a glamorous front. This shows our true direction and guides us from within.
- ☒ It encourages a balanced psychic opening, aligning heart with spirit, giving a strong sense of inner knowing, encouraging self-responsibility and developing clairvoyance.
- ☒ It assists in communicating your truth and expressing your needs and boundaries with confidence.
- ☒ It can ease the emotional legacy of birth trauma such as powerlessness and not wanting to be here
- ☒ It balances attitudes around issues of abundance.
- ☒ It reminds us to find answers from our own inner wisdom and awareness rather than depending on external sources of guidance. It balances inner and outer focus.
- ☒ It helps us connect to spirit and to deeply embody the understanding that we're all one and all inter-connected.
- ☒ Useful Affirmation: *'I find guidance and answers within. I see through illusion and express myself with confidence'*

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 Opening to Guidance blend:
<http://www.spiritoftransformation.com/transformationessences.htm#openingtoguidance>

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

Morningstar Essences: <http://morningstar.netfirms.com/flower3.html>

Tree Frog Farm: <http://www.treefrogfarm.com/store/index.php?act=viewProd&productId=15>

and the Gurudas Essence Books: <http://www.spiritoftransformation.com/essencedirectory.htm#recommendedreading>

Photo courtesy of Ria: http://www.flickr.com/photos/ria_macklin/529788101/

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.