

## 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.

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

**This essence is part of the Spirit of Transformation Sacral Chakra blend:**

<http://www.spiritoftransformation.com/chakraessences1.htm#sacralchakra>

**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](http://www.crystalherbs.com/shop/aftrack.asp?ID=74&Req=prodtype.asp?PT_ID=81)

Tree Frog Farm: <http://www.treefrogfarm.com/store/index.php?act=viewProd&productId=21>

Green Hope Essences: <http://www.greenhopeessences.com/Essences/Irish/montbretia.html>

The Burren Flower Essences: <http://theburrenfloweressence.com/auric-field-flower-essences>

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