

## Date

### *Love and Acceptance of Self and Others Kindness, Discernment and an Open Heart*



- ☒ Date essence is excellent for the heart chakra and anything relating to the heart area.
- ☒ It is also wonderful for opening the heart, feeling more compassion and being non-judgmental.
- ☒ It helps patterns of intolerance and irritability, which can make us hard to be around; when we're critical of both of ourselves and others and neglectful of the need for love.
- ☒ It helps us to be more accepting of our feelings and of other people's behaviour patterns.
- ☒ It helps us open our heart, to be kinder and more welcoming. We can become more empathic and attractive to others.
- ☒ It can also help us use our critical abilities in a healthy, discerning way to make better choices.
- ☒ It helps us commit to loving and caring for ourselves. It can also help us to commit within our relationships, to be sweeter, more nurturing and to welcome love and closeness.
- ☒ It can ease fears of ageing and a tendency to worry unnecessarily about our health.
- ☒ Useful Affirmation: *'I open to the sweetness of love and acceptance, both of myself and others.'*

**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 Heart Chakra blend:**

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

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

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

Spirit In Nature Essences: <http://spirit-in-nature.com/free-online-essences-book/Date-Flower-Essence.php>

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

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