

## Day Lily - Live for the Day



Each type of Lily helps us with different imbalances. Peace Lily, for example, helps us find inner peace, Stargazer Lily connects us to Venus and Unconditional Love while Tiger Lily helps us let go of aggression and find our gentle nurturing side. Funny how we name plants after their healing qualities isn't it?!

The beautiful Day Lily shows us how to live for the day and reminds us of the power of now:

- It symbolises rebirth
- It gives us an understanding of eternal life
- It brings a healthy detachment to outcomes, allowing greater acceptance
- This essence brings us fully present whilst connected to our inner wisdom
- It brings awareness of the pointlessness of regretting the past or worrying about the future
- Day Lily boosts our sense of self-worth and gives us confidence in our intuition
- This essence fosters an awareness that expecting others to change is pointless and leads to frustration and resentment. The only person we can change is ourselves, so it encourages us to focus on our own thoughts, actions and vibrational alignment.

**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>

### 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)

Elemental Energies <http://www.elementalenergies.ca/elemental-essences.html>

Maine Flower Essences; <http://www.acadiaherbals.com/FlowerEssences.html>

Photo Courtesy of Nikki Wyatt  
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.