

## Flax

### *Releasing Dependency and Fears for the Future*



- ☒ Working primarily in the throat chakra, Flax works on issues to do with the throat.
- ☒ Helps with speaking up in group situations.
- ☒ Helps to release the 'What if?' fear of what might happen, the trying to anticipate the future and imagining the worst.
- ☒ When we learn to let go of anticipating the future, this frees up a huge amount of our energy to deal with the here and now.
- ☒ When you feel overly dependent upon someone of the opposite sex, your energy field requires healing. You're experiencing fear and this fear is pushing you to dependency. As you stay in dependency, more of your energy is drained making you feel more vulnerable to the whims and actions of the other person. The person of the opposite sex takes on the persona of being in control, making all the decisions, thus the cycle of draining your energy is in full motion. This essence assists you in healing and revitalising your energy field and most importantly in helping you to recognize your own personal strengths and values. As strength returns within the personality, your feeling of separateness will decrease, allowing you to once again blend with society from a place of strength and equality.
- ☒ Useful affirmation: *'I now come right into the present, in my divine balance, and release all concern about what might happen in the future.'*

**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>

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New Millenium Flower Essences: <http://www.nmessences.com/essences/flax.html>

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