

Hedgehog

*Openness, Acceptance and Adaptability
Feeling Safe and Trusting*



- ☒ This essence can help if we're more of a night person than a morning person.
- ☒ It's also helpful if we're defensive or rigid in our views or we find a situation hard to accept.
- ☒ Hedgehogs are extremely adaptable and this essence is imbued with the quality of going with the flow, rather than opposing 'what is'.
- ☒ When we oppose the current situation we block it and keep it stuck, when we accept it, that creates the possibility of change, perhaps in quite unexpected ways.
- ☒ This essence also has the quality of protection, mirroring the way a hedgehog can curl up when threatened and present its prickly coat to a predator.
- ☒ If we're often on the defensive with rather a prickly exterior ourselves because we find it hard to trust, this essence can help us to soften and open up to others, whilst still feeling we can protect ourselves when necessary.
- ☒ Useful Affirmation: *'I am flexible, accepting and trusting. I feel safe in the world.'*

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 Flexibility and Tolerance blend:
<http://www.spiritoftransformation.com/transformationessences.htm#flexibility>

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