

Lilac

Letting go of Past Limitation Fresh Growth – Blossoming Potential



- ☒ Lilac is the perfect essence if we have limited our growth so that our potential remains largely untapped. This may be reflected by an undeveloped physical appearance or symptoms of restriction and suppression.
- ☒ We may have experienced a controlling adult in our life as a child, such as a parent, sibling or teacher. We may then have attracted an equally controlling partner as an adult. This serves to keep the pattern in place whereby we don't feel free to express ourselves honestly and spontaneously.
- ☒ This essence releases this suppressed energy to bring a burst of new growth and self-expression.
- ☒ We benefit most from Lilac essence when we find it hard to accept our own value and our limitless potential.
- ☒ This is a very helpful essence when we have such deep victim patterns that it's hard to leave the safe, familiar world of powerlessness and step into a new reality of freedom and personal choice.
- ☒ Lilac opens us to Christ consciousness and unconditional love which supports us on our journey towards personal freedom. It connects our spirituality and intellect allowing higher inspiration.
- ☒ Lilac is a wonderful essence when we're harking back to the past. It helps us integrate happy memories and move forward, knowing that happiness awaits us in the future too.
- ☒ It clears old energies that no longer serve us. It helps us see when something has served its purpose and it's time to let go, to allow for new beginnings.
- ☒ Lilac has a very strong connection to nature spirits and the fairy realms.
- ☒ It opens all chakras and activates the flow of kundalini energy
- ☒ Useful Affirmation: *'I open to embrace and express all that I can be. I step into freedom.'*

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

Desert Alchemy: <http://www.desert-alchemy.com/txt/ie/lila.html>

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