

Poppy - Wild

Balancing Fire Energy - Using Anger Constructively



- ☒ Cleanses and releases blockages in the base chakra. Helps to ground.
- ☒ For a fiery sense of self-worth; for constructive use of anger to bring about positive change.
- ☒ For setting boundaries without guilt.
- ☒ Indications: fear of anger; swinging between angry outbursts and suppression of anger; repeated unconstructive anger; frustration, powerlessness, resignation; feeling a victim of circumstance.
- ☒ Opens your heart, strengthens the inner feminine energy. This is a warming, empowering essence when we feel vulnerable without having the power to transform our vulnerabilities. It gives the power to work with our vulnerabilities and increases the inner quality of love.
- ☒ Calms extreme sexuality in men and women.
- ☒ Helpful when we can't sleep after a busy day.
- ☒ Red Poppy essence stabilises fire energy, the creative life-force that needs to be under our control at all times. It is vital for our comfort and happiness that we harness our energies in ways that are beneficial rather than harmful. Fire energy out of control can be destructive to ourselves as well as others. It is, however, the driving force behind all that we do: too little fire and we become ineffective, too much and we become destructive. Red Poppy helps balance our fire energy, preventing us from becoming excessively angry or from turning our anger inwards.
- ☒ It helps us grasp situations more accurately so that we can decide on the most appropriate form of action. Sometimes we may need to express our feelings openly, sometimes it may be prudent not to do so. Perhaps we are faced with a situation that appears to be intolerable, yet we may be in a position where making a hostile response could cause serious repercussions (for instance, losing our job or primary relationship). Controlling our energies is a Red Poppy quality which prevents us from going into a self-destruct mode out of frustration.
- ☒ It helps us acknowledge when we're powerless to change our circumstances, so we can channel our energies in a more positive way, perhaps focussing on changing our circumstances later on.
- ☒ This essence also helps us to leave our limitations behind and to find our true energy and power.
- ☒ It facilitates and strengthen our connection with our inner guidance,
- ☒ Useful Affirmation: *'I listen to my inner guidance, bringing intellect and intuition into balance.'*

Please Note: Individual essences are not available from Spirit of Transformation, as a spiritually guided 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 Leo-Sun blend:

<http://www.spiritoftransformation.com/planetaryessences.htm#leo>

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

New Millenium Essences: http://www.nmessences.com/healing/red_poppy_h.html and

Crystal Herbs: http://www.crystalherbs.com/shop/aftrack.asp?ID=74&Req=prodtype.asp?PT_ID=81,

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