

## Red Bottlebrush

### *Letting Go of the Past – Flowing with Change Resolving Mother issues*



- ☒ This is a useful calming essence if we're feeling an unfocussed sense of anxiety.
- ☒ It's particularly helpful for expectant mothers who may be worried about fulfilling their new role.
- ☒ It can help bonding between a mother and child and help to resolve adult relationship issues with our mother where we have not bonded in a healthy way.
- ☒ It is also helpful in supporting life changes and major changes in relationship.
- ☒ This essence helps us move on when we are resistant to change.
- ☒ It encourages a greater sense of co-operation with others.
- ☒ It helps us to break unhelpful habits and enables us to go with the flow.
- ☒ It helps when approaching physical death or if we're overwhelmed by significant change, such as a new home or country or a new stage in life such as retirement or leaving school or a job.
- ☒ It helps with physical cycles that are beginning or ending such as parenthood, adolescence, menopause or old age.
- ☒ If you cannot let go of a relationship after a break up and keep pining for that person or dwelling on times you spent together, Red Bottlebrush will help you brush away the past and move on.
- ☒ Useful Affirmation: *'I lovingly release the past, creating space for a joyful new phase'*

**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 for Attunements:** <http://www.spiritoftransformation.com/Attunements.htm>

**This essence is part of the Spirit of Transformation Graceful Release blend:**

<http://www.spiritoftransformation.com/transformationessences.htm#gracefulrelease>

**This essence is part of the Spirit of Transformation Healthy Rhythms blend:**

<http://www.spiritoftransformation.com/transformationessences.htm#healthyrhythms>

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