

Red Bottlebrush

Letting go of the Past – Flowing with Change



- ☒ This is a useful calming essence if we're feeling an unfocussed sense of anxiety, possibly manifesting as physical shaking or nervous tics.
- ☒ Particularly helpful for expectant mothers who may be worried about fulfilling their new role.
- ☒ Can support resolution of relationship issues with our mother around bonding.
- ☒ 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 helps us to break unhelpful habits and enables us to go with the flow.
- ☒ It helps us when approaching physical death or when 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.
- ☒ Helps with any physical cycle that is beginning or ending such as menopause, pregnancy, parenthood, adolescence 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.

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>

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

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

Australian Bush Flower Essences: <http://www.ausflowers.com.au/shop/scditem.asp?prodid=10&catid=1>

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