

## Red Clover

### *Releasing Habitual Fear and Panic - Calm Detachment*



- ☒ This is an essence for letting go of fear and breaking the pattern of habitual fear which fuses emotional and causal bodies together causing a universal form of emotionalism.
- ☒ Very effective when we agonise over catastrophies. Breaks the chain that starts with one person and leads to mass panic. Engenders a calm mind and an understanding of what's behind disaster.
- ☒ States of mind focussing on change, escape or deep anxiety will be eased by this essence.
- ☒ It helps us understand that we're not alone and never have been, that we're powerful not powerless.
- ☒ It gives us the awareness that fear separates us from love. It allows us to feel supported by life.
- ☒ This essence treats panic attacks, trauma, and accidents as well as habitual fears and phobias.
- ☒ Excellent for nightmares or received fears from society such as fears of abandonment, of being alone, of being attacked of food poisoning, accident, illness and so on.
- ☒ It's helpful when we long to live without fear but we're afraid to face our fears because we feel we'll need tremendous courage to react differently in situations in which we have habitually felt terrified, powerless or unsupported. It helps us see that when we go past the fear what lies beyond is love.
- ☒ Red Clover is calming, soothing and enlightening. It gives us the courage to detach from our own fears and helps us stay in peace and not energise any fear in those around us.
- ☒ Particularly useful for those who have an 'incurable' illness or negative outcome expected. It allows us to accept unexpected love and healing into our situation.
- ☒ Fear can become a security, it protects us from the challenge of addressing our worst fears.
- ☒ Helps us when we're emotionally blocked off due to a deep-rooted fear of the emotional side of our nature. Many of us fear the serious damage that unbridled emotions can bring. This can mean we suppress our emotions hoping this will prevent a hidden aspect of our nature from causing problems, but by doing this we greatly reduce our enjoyment of life.  
Red Clover gently encourages our emotional side to emerge. It's important this change is gradual so that changes can be integrated without stress. Indications of emotional blockage are when we appear hard, cold or calculating; everything is directed to practical ends. In this state "watching the world go by", or doing "useless" things may appear a total waste of time. The problem is due to a largely blocked-off right (intuitive) brain function. Red Clover encourages communication between the two sides of the personality. The left (logical) brain then begins to trust the activities of the right brain and rejoice that it has such a great partner to work with!
- ☒ It's also a useful essence for those who tend to be overly mothering and smothering; wanting to do everything for everyone in order to feel wanted and loved.

**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 an attunement to receive your personal essence blend, mentioning in your email that you'd like this particular essence as part of your blend.

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