

Ribes – Flowering Currant

Releasing Deep Fear and Avoidance Patterns Confidently Owning Our Personal Power



- ☒ It's helpful when there is deep fear that stops us moving forward. It allows the fear into our awareness so that it can be transmuted into its true nature.
- ☒ Ribes also helps us accept responsibility for ourselves and realise that all the strength and support we need is within.
- ☒ It's particularly supportive if we feel we're facing a loss of personal power in our life or in a specific relationship.
- ☒ It's a good choice when we feel disheartened and that defeat is inevitable but we bravely keep going, even when we feel emotionally overwhelmed. We may have contracted ourselves physically and be breathing shallowly with the stress.
- ☒ We look outside for help and see ourselves as in a weak position, because we're avoiding facing the issue and we feel intimidated by it.
- ☒ This essence brings us the gift of understanding the extent of our own power, so that we feel able to face and tackle the situation.
- ☒ It works mainly in the heart chakra opening us to the sweetness of life and a lighter outlook.
- ☒ Affirmation: *'I grow in confidence and power by facing my fears with the support of my spirit.'*

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>

This essence is part of the Spirit of Transformation Karmic Power blend:

<http://www.spiritoftransformation.com/karmicessences1.htm#karmicpower>

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

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Bailey Essences: http://www.baileyessences.com/cgi-bin/moreinfo_bailey.pl?FLOWERINGCURRANT-10ML

Green Man Essences: <http://www.greenmantrees.demon.co.uk/flower.html>

Tree Frog Farm: <http://www.treefrogfarm.com/store/index.php?act=viewProd&productId=53>

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