

Snakeshead Fritillary

Surrendering to Death and Rebirth

Releasing Karma to Step into Your True Majesty



- ☒ This essence works through the throat chakra and deals with self-expression.
- ☒ It's the essence of rebirth, encouraging us to change old habits of responding; to step away from our old identity, rethink our life vision and to welcome a new direction.
- ☒ This essence is excellent to take during or after overcoming resistance to the next stage of your life path. It acts as a spiritual midwife into your expression of your new self.
- ☒ It asks you to let go of beliefs about yourself and your purpose, urging you to relax and trust in the divine plan.
- ☒ It works with issues that are buried in the subconscious, as well as personal karma.
- ☒ Snakeshead Fritillary calls you to expand into a higher, wider consciousness, where you are aware of serving humanity through the inter-connectedness of all things.
- ☒ As you take this essence you move from a sense of yourself as an individual, buffeted by life, into a sense of yourself as an incredibly powerful vehicle of creation, free to manifest gloriously, joyfully and without limitation.
- ☒ Useful Affirmation: *'I let go of what is past and step into a new expression of my true essence'.*

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 Karmic Healing blend:
<http://www.spiritoftransformation.com/karmicessences1.htm#karmichealing>

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