Californian Poppy

Expressing Your Truth with Confidence Balancing and Guiding a Psychic Awakening



- This essence cleanses the emotional body and releases karmic patterns and past life information in a balanced way, working through the solar plexus chakra.
- ☑ It's particularly stimulating for artistic creativity, as it awakens past life gifts and knowledge.
- Used to maintain emotional and mental balance during the process of opening up psychically, which in some people can be quite dramatic and sometimes overpowering.
- It helps clear blockages to the natural flow of emotions through the throat, heart, solar plexus and sacral chakras. It can be used for emotional cleansing and brings courage to self-expression.
- It helps if we're being diverted from our path by people who are not genuine or spiritually aligned but who may put up a glamorous front. This shows our true direction and guides us from within.
- It encourages a balanced psychic opening, aligning heart with spirit, giving a strong sense of inner knowing, encouraging self-responsibility and developing clairvoyance.
- It assists in communicating your truth and expressing your needs and boundaries with confidence.
- It can ease the emotional legacy of birth trauma such as powerlessness and not wanting to be here
- It balances attitudes around issues of abundance.
- It reminds us to find answers from our own inner wisdom and awareness rather than depending on external sources of guidance. It balances inner and outer focus.
- It helps us connect to spirit and to deeply embody the understanding that we're all one and all inter-connected.
- Useful Affirmation: 'I find guidance and answers within. I see through illusion and express myself with confidence'

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 Opening to Guidance blend: http://www.spiritoftransformation.com/transformationessences.htm#openingtoguidance

Acknowledgement and Thanks With acknowledgement and thanks for this information to

Crystal Herbs: http://www.crystalherbs.com/shop/aftrack.asp?ID=74&Req=prodtype.asp?PT_ID=81

Morningstar Essences: http://morningstar.netfirms.com/flower3.html

Tree Frog Farm: http://www.treefrogfarm.com/store/index.php?act=viewProd&productId=15

and the Gurudas Essence Books:http://www.spiritoftransformation.com/essencedirectory.htm#recommendedreading

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