

Coltsfoot - Butterbur

Releasing Fear of the Future

Moving Forward Joyfully to Embrace New Adventures



- ☒ This essence can be of support when we're experiencing fear and resistance.
- ☒ Coltsfoot is for when we're experiencing frustration or problems on our spiritual path. It helps us slow down, breathe deeply, regroup, and go on with clearer insight as to the path we should take.
- ☒ Helps bring pent-up emotions to the surface so we can examine and release them. Alleviates accumulated stress, thereby allowing us to determine what's really important.
- ☒ Resistance is often the result of fear. When we need Coltsfoot, it's usually fear of the unknown.
- ☒ We're generally unwilling to move forward in life because the future seems to hold no guarantees.
- ☒ Helps release unnecessary fear to connect us to the power of now and see the future optimistically.
- ☒ It opens doors to the past allowing release of tightly held emotional patterns which inhibit change.
- ☒ Coltsfoot helps us when we're tentative, holding back from engaging fully in life, feeling afraid or don't have the energy to learn new things or be in new situations.
- ☒ Coltsfoot essence raises our physical and emotional energy toward joy in action. It encourages us to fully engage in our life and learn new things.
- ☒ Like all bright yellow flower essences, Coltsfoot floods our auric field with a brighter illumination of our inner Light. It also fills us with joy during fresh growth spurts and unexpected adventures.
- ☒ It's very helpful when we're holding fear and allowing it to determine our course of action.
- ☒ It brings together energies that we've misplaced, misused, or even rejected. Old aspects that we've denied or repressed can be recreated, including knowledge and abilities from past lifetimes.

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 Moving Forward, Get Unstuck blend:

<http://www.spiritoftransformation.com/transformationessences.htm#movingforward>

Acknowledgement and Thanks With acknowledgement and thanks for this information to

Tree Frog Farm: <http://www.treefrogfarm.com/store/index.php?act=viewProd&productId=18>

Aquarius Flower Remedies: <http://www.aquariusflowerremedies.com/flower%20essence%20combinations.htm>

Lichenwood Herbals: <http://www.lichenwood.com/essencesAF.html>

Diamon Naturals: <http://www.diamon-naturals.us/individualFE.htm>

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