

# Dahlia

## *Stress Relief – Self-Worth and Self-Empowerment*



- ☒ Works in the base and sacral chakras helping to transmute sexual energy into its higher form of expression.
- ☒ Dahlia essence settles the spirit, reduces insecurity, depression, anxiety, and indecisiveness.
- ☒ It soothes you when you're self-conscious, relieving emotions caused by the accumulation of stress.
- ☒ Dahlia essence gives you a sense of warmth, contentment and assuredness.
- ☒ It helps you move beyond conventions and constraints, giving voice to your self, and improves your ability to communicate with others.
- ☒ Dahlia essence helps us when we want to set ourselves free from self-imposed constraints.
- ☒ It can also help relieve stress in children and teenagers.
- ☒ It's also considered the "woman warrior's" essence for grounding, empowerment, strengthening a healthy sense of self, igniting the will into positive manifestation.
- ☒ It enhances self-worth, self-confidence, leadership skills, refining our personality to fit the needs of a situation.
- ☒ It empowers the throat chakra, especially in women that they may more freely speak their truth; useful for women with power issues.

**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 Confidence and Trust blend:**

<http://www.spiritoftransformation.com/planetaryessences.htm#confidence>

**This essence is part of the Spirit of Transformation Gemini-Mercury blend:**

<http://www.spiritoftransformation.com/planetaryessences.htm#gemini>

**This essence is part of the Spirit of Transformation Libra-Venus blend:**

<http://www.spiritoftransformation.com/planetaryessences.htm#libra>

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

Crystal Herbs: [http://www.crystalherbs.com/shop/afrack.asp?ID=74&Req=prodtype.asp?PT\\_ID=81](http://www.crystalherbs.com/shop/afrack.asp?ID=74&Req=prodtype.asp?PT_ID=81)

Flamma Taiwan Essences: <http://fe-tw.com/english/flower/flower-a011.htm>

Photo by Nikki Wyatt

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