

Mountain Ash

Concentration, Appreciation and Tolerance
Opening to Love and Adventure



- ☒ This essence helps if you're being diverted from your purpose. It helps you to concentrate on what's really important and not to allow distractions to take you off course.
- ☒ It's very helpful for those who are treading an unconventional, adventurous path. It supports innovation, invention and original, creative thought.
- ☒ It can bring insights into who we really are and into the nature of life, helping us to appreciate our divine nature and the loving nature of all life.
- ☒ It can encourage the heart chakra to open so that we feel lovingly connected at a more profound level in all types of relationship and through different realms. We may be better able to appreciate our loving connection with nature or animals, for example.
- ☒ It can help us understand loving relationships which break social or racial conventions.
- ☒ It can help us become softer and more tolerant, especially where other people's choices differ from ours. We may find it easier to reach a compromise or 'bury the hatchet' in long-running feuds.
- ☒ We may find it possible to appreciate our differences as something to learn from and celebrate – part of the rich tapestry of our life experience. It helps us see life from a higher, wiser perspective.
- ☒ This essence can encourage determination and perseverance.
- ☒ Useful Affirmation: *'I appreciate the loving nature of the universe. From this love I draw strength to tread my path with conviction, purpose and sense of adventure.'*

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 Appreciation blend:
<http://www.spiritoftransformation.com/transformationessences.htm#appreciation>

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

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