

# Orange

## *Releasing Emotional Tension and Hopelessness, Renewing Joy*



- ☒ A wonderful essence when we are feeling strong emotion, this brings peace and a clearer outlook.
- ☒ It penetrates deeply into the unconscious, allowing us to connect with buried emotional conflict. It has a strong connection with homosexuality or events that may involve this.
- ☒ If we feel anxious and do not know why, orange essence will often connect us to the hidden cause – often through our dreams.
- ☒ It helps us find an equilibrium between head and heart, so that we can have enough detachment to deal more easily with our feelings.
- ☒ It changes a position of resignation and powerlessness; of feeling helpless in the face of a difficult situation. It reawakens our zest and enjoyment in living, knowing that challenges are a strengthening part of life and 'this too shall pass'
- ☒ It helps us relax.
- ☒ It increase the bond of communication between animals and humans.

**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 an attunement to receive your personal essence blend, mentioning in your email that you'd like this particular essence as part of your attunement blend.

**Click here for attunements:** <http://www.spiritoftransformation.com/Attunements.htm>

**This essence is part of the Spirit of Transformation Finding Perspective blend:**  
<http://www.spiritoftransformation.com/transformationessences.htm#findingperspective>

### **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](http://www.crystalherbs.com/shop/aftrack.asp?ID=74&Req=prodtype.asp?PT_ID=81),

Spirit in Nature Essences: <http://www.spirit-in-nature.com/free-online-essences-book/Orange-Flower-Essence.php>

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.