

Poinsettia/Christmas Star

Joy and Appreciation in Spiritual Connection
Finding Love and Purpose in Community



- ☒ This essence encourages energy flow between the heart and the throat chakras so that we can express what we truly feel.
- ☒ It reawakens our sense of ourselves as a spiritual being, so we can feel whole again.
- ☒ When our busy, materialistic lives mean that we lose connection with our inner world this essence can help us to get back in touch with our centre and our authentic self.
- ☒ When life feels heavy and burdensome this essence will uplift and lighten the spirit with love and laughter, taking us beyond concerns of the ego and reminding us of the simple joy of being alive.
- ☒ There is a sense of generosity and abundance with this essence. It brings a desire to share with the wider community and an appreciation of all that is.
- ☒ It brings a sense of belonging, soul purpose and direction.
- ☒ If we're going through a difficult experience such as bereavement, illness, an accident or the loss of a relationship it can help us receive support through our connection to the divine.
- ☒ It helps us balance the time we spend on external matters with the time we spend within.
- ☒ It can help with patterns of rebellion which sabotage us, so we're less triggered by authority.
- ☒ It can open our heart to love and forgiveness and give us the courage to reach out if we're lonely.
- ☒ It encourages us to see our lives more in the context of a global family so that we pursue more humanitarian ideals for the benefit of all. It gives us a more altruistic and co-operative perspective.
- ☒ It works to connect the base, sacral and solar plexus chakras so that we feel a stronger heart connection to nature and those around us. It opens us to a sense of loving oneness with all creation.
- ☒ It's a very useful essence if you want to move beyond ego and role-playing in a relationship to understand the emotional truth of it.
- ☒ Useful Affirmation: *'I joyfully take my place in the heart of my global family. My life is balanced, abundantly supported by spirit and the love that's at the heart of all creation.'*

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:

Phi Essences: <http://essences.info/index.php/europe/57-phi-essences/846-poinsettia>

Light Spirit Essences: http://www.lightspiritessences.co.uk/newchildrensences/html/1_spiritual_joy_new_children_s.html

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