

Poppy - Wild

Balancing Fire Energy - Using Anger Constructively



- ☒ This essence releases blocks in the base chakra, helping us to ground and feel more present.
- ☒ It encourages us to use anger as a motivator for positive change.
- ☒ It helps us to hold firm boundaries and to feel comfortable saying 'no'.
- ☒ It helps when we're frightened of our own anger so we suppress it until eventually we experience an outburst of anger which may be destructive to ourselves and those around us.
- ☒ It's an excellent essence if we feel powerless, frustrated or resigned to our situation. It brings the awareness that we're not a helpless victim to whom things just 'happen'.
- ☒ This strengthens our feminine qualities and allows us to open our hearts when we may feel very vulnerable but don't know how to heal ourselves. It encourages us to find the resources to feel stronger and more loving of ourselves and others. It encourages a strong sense of self-worth.
- ☒ It can bring an over-demanding libido into a calmer balance in both men and women.
- ☒ It can help soothe you to sleep if you tend to lie awake following a hectic day.
- ☒ This essence balances the fire energy which feeds our creativity and maintains our life-force. When it manifests as excessive anger it can be harmful to ourselves and others but used well, fire energy gives us a passionate sense of engagement. If we have too little or we turn our anger inwards, we can be listless, depressed and apathetic; this essence helps us take control so that we harness this energy for its highest purpose.
- ☒ It can also help us see challenging or conflicting circumstances from a clearer, more detached viewpoint rather than allowing our frustration to sabotage the situation in the form of an angry outburst or a hasty, destructive action which may have damaging long-term consequences.
- ☒ It helps us to accept when we can't influence things straight away, so that we keep a cool head and are able to find a strategy for the future.
- ☒ It encourages us to release limiting thoughts and focus on healthy sources of energy and power.
- ☒ It helps us to connect more strongly with our inner wisdom.
- ☒ Useful Affirmation: *'I welcome and harness the fire in me. It's a source of joy and passion'.*

Please Note: Individual essences are not available from Spirit of Transformation, as a spiritually guided 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 Leo-Sun blend:

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

This essence is part of the Spirit of Transformation Base Chakra blend:

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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.