

# Quince

## *Balancing Love and Power – Yin and Yang Expressing Loving Strength*



- ☒ Quince connects us to both our feminine and masculine power so that we are able to draw on an integrated loving strength where male power is balanced with feminine understanding. It is an excellent essence when we are either too dominant or unable to assert ourselves in a healthy way.
- ☒ Quince enables us to integrate energies of the heart and solar plexus chakras. Instead of trying to force things to go our way using our will or feeling too passive and overcome by our feelings, this essence encourages us to use our will as an intelligent support to the guidance of our heart.
- ☒ This essence can be very helpful for those of us who have developed armouring to protect our hearts from past hurts and who feel it is dangerous to be vulnerable as well as bringing a powerful, assertive energy at times when we find it difficult to express our needs and ensure that they are met.
- ☒ This essence is particularly significant in helping parents strike a healthy balance between caring tenderness and creating firm boundaries so that their children feel safe.
- ☒ Quince helps the heart to align with the mind, easing inner conflict.
- ☒ It helps when we don't associate strength and power with expressing our feminine energy or when we carry unhelpful associations with masculine energy so we suppress it or express it negatively.
- ☒ Quince calms our inner conflicts over internalised models of masculine and feminine power. We may have seen it expressed in ways that caused us to be afraid of being vulnerable or powerful. This essence brings the yin and yang energy together so that we find a point of powerful inner balance.
- ☒ It is essential that we are able to express both power and love in a balanced way and this essence carries the soul lesson that true power comes from love and that true love brings immense power.
- ☒ Useful Affirmation: *'I express my power lovingly, in a balanced way, aligned with my heart.'*

**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 Inner Balance blend:**

<http://www.spiritoftransformation.com/transformationessences.htm#innerbalance>

**This essence is part of the Spirit of Transformation Divine Blueprint blend:**

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

The Ananda Apothecary: <http://www.anandaapothecary.com/fes-north-american-flower-essences/quince-flower-essence.html>

Green Man Essences: <http://www.greenmantrees.demon.co.uk/flower.html>

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