



Red Camellia

From Frightened and Fragile to Resilient and Confident



- ☒ The red colour of this beautiful flower indicates its connection to the base chakra where we hold our survival fears and memories of past pain that we haven't yet resolved.
- ☒ Its combination of fragility and perfection reflect the role of this essence in helping us with patterns of perfectionism and deep sensitivity.
- ☒ This essence helps to integrate unprocessed hurts. Moments that may have shaken us to our foundations, times when we felt unsafe and defenceless, both as a child and as an adult.
- ☒ It also helps us realise that we don't need to be perfect to be loveable. All of us are here to learn and evolve. Love is not a reward for good behaviour.
- ☒ When we realise that we're safe and loved no matter what, we're able to show our fragile and vulnerable side. In doing so, the love that has always been available to us flows freely from our heart into our base chakra so that we feel strong and secure. The beauty and innocence of our soul can be expressed with delight and our sensitivity can be embraced as the gift that it is, because it connects us to love and to the divine.
- ☒ Affirmation: *'I am strong yet fragile, beautiful and evolving, sensitive and confident in my divine nature.'*

This essence is in the Spirit of Transformation blend:

Your Divine Blueprint – Live Soulfully

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

Spirit of Transformation does not sell single essences. Essences are like people - they usually work best as part of a team! If you feel drawn to this please request it as part of a personal attunement blend.

Channeled Personal Attunements: <http://www.spiritoftransformation.com/Attunements.htm>

Photo by Nikki Wyatt

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