

# Saxifrage

## *Balance and Openness to New Ideas*



- ☒ This essence helps balance the right and left brain so that our logical and creative skills come together.
- ☒ It encourages serenity and an ability to weigh up the value of fresh ideas, opening us to new thoughts without getting caught up in emotional reaction.
- ☒ It helps us apply our spiritual learnings in everyday life.
- ☒ Useful Affirmation: *'I relax and open to my higher wisdom'*

**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:

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

Photo courtesy of Shirley-Anne Bainbridge: <http://www.flickr.com/photos/neeps/2484719572/>  
Copyright: Nikki Wyatt, Spirit of Transformation. All rights reserved.

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