

Silver Birch

Tolerance, Flexibility, Humility and Calm The Constructive Use of Fire Energy



- ☒ This essence encourages our mental body to become more fluid and flexible, which in turn reflects in a greater flexibility in our physical body.
- ☒ It gives rise to a softer, less judgemental view of ourselves and others.
- ☒ It brings an awareness of beauty as part of our divine nature.
- ☒ It encourages us to release blocks to self-expression, especially in the throat chakra.
- ☒ This essence helps us open up to receive more Light, love, wisdom and life force.
- ☒ It lessens our fear, so that we have less need to feel in control of every situation.
- ☒ It eases emotional pain and releases any unhealthy sense of pride or superiority.
- ☒ This essence helps us remain calm in the presence of fire energy, so that we can experience our soul passion without fear and use it in a measured way that does not consume us.
- ☒ It enables us to sit calmly with our burning desires and use that power and energy for our own good and that of others.

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 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 Flexibility and Tolerance blend:

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

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

Crystal Herbs: http://www.crystalherbs.com/shop/aftrack.asp?ID=74&Req=prodtype.asp?PT_ID=81

Pacific Flower Essences: <http://www.essencesonline.com/Pacific-flowers.html>

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

Lightbringer Essences: <http://www.lightbe.co.uk/ie3.html>

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