

Trillium

Bridging the Physical and Spiritual Worlds - Releasing Survival Fears Balancing Masculine and Feminine Energy



- ☒ This essence helps us to overcome fears of being in our physical body so that we strengthen our physical connection to the Earth whilst increasing our spiritual understanding.
- ☒ It acts as a bridge between our inner and outer world, between the physical and spiritual realms, allowing us to be effective and whole spiritual beings in a physical body.
- ☒ It can give a sense of rebirth into the physical so we start again with the innocence of a newborn.
- ☒ The flower symbolises the three aspects that it helps us to integrate: the mind, body and soul.
- ☒ If we are more comfortable in our upper chakras we may feel that we don't fit in with the outer world and find it difficult to connect with it – we might zone out, daydream or feel dizzy. On the other hand, if we are more comfortable in the lower chakras, we may lose connection with our inner guidance and with a sense of oneness which can make us feel separate, frightened and unsafe.
- ☒ If we carry fear in our base chakra we may have patterns of needing to control. We may also accumulate possessions and money as a buffer, thinking that it will protect us. Yet even if we have material abundance, we'll feel we don't deserve it, because we've lost touch with our divine essence.
- ☒ Trillium helps us to integrate our feminine and masculine aspects so that we are able to soften where we have become hard and to strengthen where we yield too easily.
- ☒ It encourages transformation, particularly if we're quiet and reserved, helping us reach out and connect with others.
- ☒ It helps release survival fear and feelings of panic.
- ☒ Useful Affirmation: *'I'm a physical expression of the divine, honouring the masculine and feminine in equal measure.'*

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>

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

MK Projects: <http://www.mkprojects.com/showEssenceForGroup.php3?type=E&deleteTF=F&showMenu=F&group=5>

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

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