

Welsh Poppy

*Pining For Lost Love – Dreaming Our Life Away
Renewing Creativity, Inspiration and Direction*



- ☒ This essence is helpful when we were moving dynamically and clearly forward but have now lost our motivation and clarity, so we're dreaming and imagining rather than acting to create our reality.
- ☒ We may have become diverted from our path and be spending so much time admiring the scenery that we've forgotten to keep track of where we're heading.
- ☒ When we need Welsh Poppy we may feel that our lack of progress is due to external factors when actually we're no longer energised by our original goals. This essence helps renew our creative drive and inspiration so that we can see a new, exciting direction.
- ☒ It's a useful essence when we feel isolated; when we're missing a person, a pet or a familiar place.
- ☒ It works to calm strong feelings held in the solar plexus chakra, especially feelings of loss of the company of a loved one, whether a person or an animal. It helps pets and people who are pining.
- ☒ Welsh Poppy is a beautiful golden orange colour bringing sweetness, cheerfulness and delight, when we're in low spirits and in need of inspiration and direction.
- ☒ It helps us open to the mystical, magical side of life. It attunes us to the fairy realms and heightens our awareness of synchronicity. It encourages us to go on magical adventures.
- ☒ Useful Affirmation: *'I open up to the magical mystical side of life, allowing my creative fire to take me in new, exciting directions '.*

Please Note: Individual essences are not available from Spirit of Transformation, as a spiritually guided 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 Karmic Grief blend:

<http://www.spiritoftransformation.com/karmicessences1.htm#karmicgrief>

Acknowledgement and Thanks With acknowledgement and thanks for this information to

Mother Luck Flower Essences: <http://www.motherluck.com/index.php?go=singles&id=26>

Morningstar Essences: <http://morningstar.netfirms.com/flower.html>

Baileys Flower Essences: http://www.baileyesences.com/cgi-bin/moreinfo_bailey.pl?WELSHPOPPY-10ML

Photo courtesy of Josie: <http://www.flickr.com/photos/josies-photos/5741537038>

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.