

Wild Gardenia

*Releasing Fear and Resistance to Letting Go
Allowing A Serene Transition*



- ☒ This essence is of immense support when something is coming to an end. Endings may bring up fear; an inability to let go and allow the transition to happen, even when resisting closure is causing suffering to yourself and those around you.
- ☒ It can apply to the death of the physical body, the 'death' of an aspect of your personality, the end of an unhelpful relationship dynamic or a way of life. When there is a need to release something that no longer serves you, this is an excellent essence to choose.
- ☒ Resistance often stems from fear of the unknown. This essence brings a strong connection to Source that brings enough faith to allow the next step to unfold with serenity; even when you don't know what the future will bring.
- ☒ Useful Affirmation: *'I release my attachment to situations that need to change. I let go and allow myself to be enfolded in the embrace of a loving universe. All is in divine order.'*

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 Conscious Transition blend:
<http://www.spiritoftransformation.com/transformationessences.htm#conscioustransition>

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

South African Flower Essences http://safloweressences.co.za/Wild_Gardenia_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.