

Trust

An Emerald Heart Essence

- ♥ **Meaning of this essence** Move forward, in trust
- ♥ **Key words** Trust, feeling supported
- ♥ **Received** Monday the 3rd of October 2016, by a beautiful sunny autumn morning with a temperature of 17 degrees, around 12.40pm
- ♥ **Location** The Hortus Botanicus (Botanical Gardens) in Amsterdam, the Netherlands
- ♥ **Tree** Vibration received from a male Japanese temple tree (Japanese nut tree, Ginkgo Biloba)

After an extremely pleasant and inspiring get-together with a woman friend in the conservatory of the Botanical Gardens in Amsterdam, I decided to take another walk through the gardens. My friend had to leave, but I could not resist my longing for the outdoors. Whilst admiring the seedpods of the lotus plant, I felt the urge to shelter under an arbour. Our conversation had unexpectedly brought to the surface the cause of my distrust of the surgeon who was soon to be operating on me. It was old pain and I apparently needed this shelter to process the revelation. The arbour was overgrown with branches from a kiwi plant. Suddenly the kiwi leaves, still green and robust, started radiating a powerful energy. They flushed the impact of the one-and-a-half-hour get-together out of my system. Refreshed and more grounded, I walked back into the gardens.

Even though the beauty of an immense ginkgo tree ahead enchanted me, I knew that that was not the way to go, I needed to take a different path. I followed my heart and after about twenty steps my eye was drawn to a ginkgo leaf, beautifully decorated with raindrops.

I took some pictures, but as I was about to resume my walk, something invisible held me back. I could do nothing else but remain perfectly still. The cleansing from the kiwi plant enabled the silence of the large old trees around me to resonate deeply throughout every cell of my body. Their deep, silent strength immediately confronted me with my huge fear of taking the next step in my development: stepping into my power as soon as the implants which had been keeping me out of balance these last 16 years, were removed. I realised to my surprise, that my fear of this new phase was larger than the fear of surgery.

Tears of fear trickled down my cheeks: how can I possibly stand in silent strength, I don't know how to do that, I have lived too



long in an unbalanced body! The immense trees around me whispered: 'You don't need to do anything to be in your power, just BE. Look at us, that's what we do.'

I wondered which tree was sending me the most support at that point. Was it that big one to the left of me? The mighty red American sequoia a little further on? The large white birch to the right? Or...? Suddenly I knew, I felt that the biggest support was coming from behind me. 'Have faith, I'll carry you through,' that strength whispered. I turned around and saw another Japanese temple tree. The father of that beautifully decorated leaf.



The tall tree with its countless bilobed leaves washed my distrust of the surgeon and fear of the subsequent new phase right out of my heart, up to the point where I knew deep down inside: I enter that surgery with utter trust, and I will be able to stand in front of the world in my entire wholeness.

'May I take your gift with me, so that I can support others with it?' wished my heart. 'Of course,' the ginkgo answered, 'you can take the trust which is pulling you through this challenging period with you, for the benefit of others.'

The Trust essence pulls you through challenging phases and helps you embrace the subsequent situation from a place of silent strength.

With reverence and respect,

Harriët Kroon

♥ Feel free to order another bottle if your heart requests it.
You can trust your heart.

