

## Artichoke

*Lovingly Speaking Your Truth – Opening the Crown  
Releasing Spiritual Intensity - Increasing Lightness and Fun*



- ☒ This essence helps the pattern of 'choking back' our true thoughts and feelings, because we're afraid of upsetting others.
- ☒ Artichoke inspires us to express ourselves in ways that are authentic yet that won't create the conflicts we fear.
- ☒ The delicate flower and tough many-leaved exterior symbolise Artichoke's ability to break through hardened rigid patterns which close the crown chakra, opening it with grace and flexibility.
- ☒ Using the powerful force of kundalini energy to open the mind, it can produce a spiritual 'high'.
- ☒ It helps to overcome any resistance we may have to connecting with our crown chakra.
- ☒ It's a wonderful essence if we have fixed ideas about spiritual growth and we're treating it with great seriousness. We may be too controlled so that energy cannot flow easily through us.
- ☒ It's particularly helpful to those of us with an earthy, practical approach to life.
- ☒ It reminds us to lighten up and have fun on the journey. It aids dream recall and relaxes our intensity of purpose so that we can allow ourselves a gentler, more light-filled connection with life.
- ☒ It encourages us to stop judging what being 'evolved' should look like. It urges us to let go of a need to control our experience and that of others, so that we detach and enjoy ourselves more.
- ☒ Useful Affirmation: *'I relax and release my need to control or judge myself or others. I find ways to express my true self harmoniously. I feel an easy flow of energy and fun as I dance along my path'*

**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 attunement blend.

**Click here for attunements:** <http://www.spiritoftransformation.com/Attunements.htm>

**This essence is part of the Spirit of Transformation Crown Chakra blend:**

<http://www.spiritoftransformation.com/chakraessences1.htm#crownchakra>

### **Acknowledgement and Thanks**

With acknowledgement and thanks for this information to:

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

Hummingbird Remedies: [http://www.druidlabs.com/hbr/flowers\\_a.html](http://www.druidlabs.com/hbr/flowers_a.html)

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