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:
Hummingbird Remedies: 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.