

Bluebell

Self-Worth and Creativity
Joy, Trust, Spontaneity and Abundance



- ☒ This essence works in the throat and heart chakras to dissolve blocks to creative expression.
- ☒ It's particularly useful when used with sound therapy, chanting, singing or any type of voice work.
- ☒ It helps if we didn't feel approved of as a child; we may have felt that we were a disappointment or that we didn't live up to expectations.
- ☒ It can release any belief that we aren't good enough, that parts of us are unloveable, that we're a 'lost cause' or that we've somehow failed to do our duty. It strengthens our sense of self-worth.
- ☒ It helps when we've been trapped in negative thought patterns for a long time, unable to see ourselves differently, focusing on what feel is unacceptable about ourselves.
- ☒ It helps if we're feeling shy or self-conscious. It gives us the courage to speak up for ourselves.
- ☒ It floods us with optimism and helps us see ourselves and our actions in a new, more positive light.
- ☒ It opens our hearts to allow us to receive all the riches that the universe has to offer.
- ☒ It gives us faith to follow the impulses of our heart towards greater joy.
- ☒ Useful Affirmation: *'I'm a perfect expression of the divine, here to sound my unique frequency, to sing my soul's song and to joyfully co-create with source energy.'*

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

This essence is part of the Spirit of Transformation Throat Chakra blend:
<http://www.spiritoftransformation.com/chakraessences1.htm#throatchakra>

Acknowledgement and Thanks With acknowledgement and thanks for this information to:
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N.B: Using essences is not a substitute for medical attention - if you're ill consult a medical practitioner.