

Blueberry – Sunshine Blue

Joy, Happiness and Delight



- This is such a happy, joyful essence! It makes us want to dance and sing, to play and bask in the the sunshine of life.
- This essence is simply sheer delight!
- Use it when you want to feel better than you already do or as a most effective mood-lightener when needed.
- Useful Affirmation: *'I am basking in sheer delight!'*

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 Lighten Up blend:
<http://www.spiritoftransformation.com/transformationessences.htm#lightenup>

Acknowledgement and Thanks

With acknowledgement and thanks for this information to Morningstar Essences: <http://morningstar.netfirms.com/fruit.html>

Photo courtesy of Chrissie Jamieson: <http://www.flickr.com/photos/chrissie2003/2904769660/>

Copyright: Nikki Wyatt, Spirit of Transformation. All rights reserved.

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