Coconut
Finding the Positive
Releasing Stubborn Patterns

- Coconut helps us to release stubbornness, enabling us to meet challenges head on.

- It helps us find the good in difficult circumstances so that we may thrive and move on.

- It encourages the release of negative patterns that seem especially difficult to break free from.

- It's also helpful for those who suffer greatly during hot and humid weather.

- Useful Affirmation: '*I easily release old patterns and replace them with ones that help me reach my goals and manifest my dreams.*'

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 Let Go and Flow blend:
http://www.spiritoftransformation.com/transformationessences.htm#letgoandflow

This essence is part of the Spirit of Transformation Taurus-Earth/Venus blend:
http://www.spiritoftransformation.com/planetaryessences.htm#taurus

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

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