

# Devil's Claw

## *Integrating Our Shadow*

### *Accepting and Expressing our True Self*



- ☒ This essence raises our awareness of our own integrity.
- ☒ It helps us find our true identity and express ourselves authentically.
- ☒ It's useful if we are trying to live up to visions others hold for us, rather than find our own path.
- ☒ It brings manipulative patterns into awareness such as using charm, to gain control and approval.
- ☒ It helps us distinguish between our own vision and what other people are reflecting to us.
- ☒ It helps us to see when we're in transference with others and to notice when we're complying and people-pleasing to win approval.
- ☒ It encourages us to use our gifts to motivate and support others.
- ☒ It enhances our ability to express ourselves easily and genuinely.
- ☒ It enables us to give unconditionally without an agenda or expectation.
- ☒ It helps us accept and integrate our shadow in the spirit of self-compassion.
- ☒ It enables us to feel comfortable in our skin, to accept ourselves as we really are.
- ☒ Useful Affirmation: *'I'm comfortable expressing who I really am'*

**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 Free Your True Self blend:**

<http://www.spiritoftransformation.com/transformationessences.htm#freeyourtrueself>

**Acknowledgement and Thanks** With acknowledgement and thanks for this information to:

Desert Alchemy Essences: <http://www.desert-alchemy.com/txt/ie/decl.html>

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