



Hedgehog

*Openness, Acceptance and Adaptability
Feeling Safe and Trusting*



Affirmation: *'I am flexible, accepting and trusting. I feel safe in the world.'*

This essence is in the Spirit of Transformation blend:

Flexibility and Tolerance: <http://bit.ly/xjVWW2>

Spirit of Transformation does not sell single essences. Essences are like people - they usually work best as part of a team! If you feel drawn to this but not to the blend above, please request it as part of a personal attunement blend. **Channeled Personal Attunements:** <http://bit.ly/XBzFsP>

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<http://www.sxc.hu/photo/831215>

With acknowledgement and thanks to: Morningstar Essences: <http://morningstar.netfirms.com/shamanic2.html>
where you may be able to order this as a single essence

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

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