

## Iceberg Rose

*Softening and Opening the Heart  
Remembering How to Receive Love*



- ☒ This essence can help to melt and dissipate feelings of separation and judgement held in the heart chakra, so you're once more able to connect fully from the heart.
- ☒ It can remind you how to receive love, from yourself, from spirit and from others.
- ☒ Useful Affirmation: *'I soften and open to love, feeling the oneness of all things'*

**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 Self-Care & Self-Love blend:**  
<http://www.spiritoftransformation.com/transformationessences.htm#selfcare>

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

Crystal Herbs : [http://www.crystalherbs.com/shop/aftrack.asp?ID=74&Req=prodtype.asp?PT\\_ID=81](http://www.crystalherbs.com/shop/aftrack.asp?ID=74&Req=prodtype.asp?PT_ID=81)

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