

Purple Flowering Raspberry

From Heavy and Challenging to Joyful Effortlessness



- ☒ This essence is helpful when we feel that our spiritual path must be heavy and difficult.
- ☒ It encourages us to break through our negativity and see that our path can be light filled and joyous, with us moving along it effortlessly and easily.
- ☒ We may also feel that we're somehow being awarded spiritual gold stars for insisting on making our path so challenging.
- ☒ This essence helps us understand that this is not so and that the only influence on how we experience our spiritual path is through our chosen belief systems so we may as well enjoy the journey!
- ☒ Useful Affirmation with this essence: *'My spiritual path is a 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 attunement 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>

This essence is part of the Spirit of Transformation Taurus – Earth/Venus blend:
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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.