

# Sandstone

## *Flexibility and Flow*



- ☒ This essence is wonderful when we have become set in our ways of thinking and behaving or we need to release strong ancestral or past life conditioning.
- ☒ Sandstone helps to break up the hardened layers of belief so that they crumble away and allow the light of inspiration and guidance to enter in again.
- ☒ When taking this essence it can help to spend time focusing on flexing the mind and body so that it consciously expands to include new movement and new thought.
- ☒ It improves the flexibility, particularly areas where we may have built up areas of rigidity.
- ☒ Useful Affirmation: *'I cast off past layers of rigidity, expanding into new thoughts and possibilities'*

**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 for Attunements:** <http://www.spiritoftransformation.com/Attunements.htm>

**This essence is part of the Spirit of Transformation Flexibility and Tolerance blend:**  
<http://www.spiritoftransformation.com/transformationessences.htm#flexibility>

### **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=82](http://www.crystalherbs.com/shop/aftrack.asp?ID=74&Req=prodtype.asp?PT_ID=82)

The Gurudas Essence Books: <http://www.spiritoftransformation.com/essencedirectory.htm#recommendedreading>

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