

White Deadnettle

Releasing Sadness and Fixation

Mature and Self-Loving - Purposeful, Conscious Living



- ☒ This essence helps activate all the chakras above the crown, especially the 13th chakra, also known as the Earth Star Chakra. This energy centre acts as a galactic gateway to connect you with Source, the Earth, the Cosmos and all humanity.
- ☒ It opens you to happiness, unconditional love and clarity around your soul purpose
- ☒ It helps you to mature and to appreciate the true meaning of service.
- ☒ It helps you to parent yourself, so that you can lovingly sustain and care for yourself.
- ☒ It helps when you've suffered loss or abandonment or if you're caught up in past sadness.
- ☒ It helps you release negative past experiences, so that you cease to dwell on them and can make a fresh start with enough energy and optimism to face the future.
- ☒ It helps to interrupt compulsive behaviour patterns; actions and relationships in which you're on autopilot, unaware of what's driving you and no longer making conscious choices. Perhaps you always watch a particular TV programme or you constantly consult the same therapist, friend or healer. Maybe you always wind down with a glass of wine, give yourself a buzz from the same video games or seek connection by constantly checking Social Media. The emotional satisfaction that this gives you can be addictive so that you become unconsciously dependent and powerless rather than consciously co-creative and powerful.
- ☒ This essence helps you gain a higher perspective so that you can step back and notice your actions and choices. It helps you to choose consciously, so that you can enjoy your feelings and reactions whilst staying in the driving seat.
- ☒ Useful Affirmation: *'I release past sadness and connect to my divine loving self. In my actions and relationships I make conscious choices guided by my higher wisdom.'*

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 Higher Chakras blend:

<http://www.spiritoftransformation.com/chakraessences1.htm#higherchakras>

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

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