

White Indigoberry

Releasing Resentment

Clear Boundaries and Responsibilities



- ☑ For releasing resentment due to others always expecting you to take responsibility for helping them sort out their problems rather than feeling that it's okay for you to say NO.
- ☑ Helps you understand why you feel compelled to jump in and help, even when it becomes damaging to you to do so and helps you to release this compulsion.
- ☑ For those who have a repetitive problem with this issue, this essence is extremely helpful, especially if you often feel that you're being taken advantage of.
- ☑ Useful Affirmation: *'I allow others to lead their own lives as they see fit. I know all is truly well.'*

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 Virgo - Mercury/Chiron blend:

<http://www.spiritoftransformation.com/planetaryessences.htm#virgo>

Acknowledgement and Thanks With acknowledgement and thanks for this information to Morningstar Essences: <http://morningstar.netfirms.com/flower2.html>

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