

Amaryllis

*Peace, Grace and Inner Hearing
Lovingly Assertive Self-expression*



- This essence helps to perfect the art of meditation, bringing calmness and stillness, helping us to go within.
- It increases our life force.
- It has a detoxifying effect on our energy body, purifying and releasing negative energy.
- It energises the throat chakra and makes us more open to communication.
- It helps to balance energy levels and brings perspective to turbulent emotions so that we feel stronger in challenging times.
- It supports emotional release.
- Physically it helps balance and co-ordination so that we move with grace.
- This essence is a very powerful support during times of change.
- It brings the ability to assert ourselves and release any victim role we may have attracted.
- It releases emotional conflict, bringing peace and connection to our inner wisdom.
- Useful Affirmation: *'I release inner conflict, receiving peace, grace and 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>

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

Hummingbird Remedies: http://www.druidlabs.com/hbr/flowers_a.html

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