

Artichoke

Lovingly Speaking Your Truth

Releasing Spiritual Intensity - Increasing Lightness and Fun



- ☒ For when we 'choke back' our honest thoughts and feelings, because we're afraid of upsetting others.
- ☒ This essence helps us find new ways to communicate that are authentic and truthful yet expressed in such a way that it will not create the sorts of conflicts we fear.
- ☒ Artichoke has the qualities of openness and light.
- ☒ It overcomes resistance to connection with the crown chakra and can produce a spiritual 'high'.
- ☒ It a wonderful essence if we have fixed ideas about spiritual growth and we're treating it with great seriousness.
- ☒ This essence reminds us to lighten up and have fun on the journey. It aids dream recall and softens our intensity of purpose so that we can allow ourselves a gentler, more light-filled connection with life.
- ☒ It encourages to let go of a need to control our experience and that of others, so that we detach and enjoy ourselves more.

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>

Acknowledgement and Thanks

With acknowledgement and thanks for this information to:

Morningstar Essences. <http://morningstar.netfirms.com/veg.html>

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.