

Avocado

Releasing Emotional Tension

Learning with Ease



- ☒ Strengthens the emotional body, dissolves emotional tension and opens the solar plexus chakra, bringing greater understanding to suppressed emotions.
- ☒ Resonates with the energetic blueprint associated with the liver, kidneys, and lymphatic system.
- ☒ A very helpful essence for those who feel they are not very intelligent or as smart as others.
- ☒ It helps these people find that they do have fine minds and they're able to learn new things with greater joy and ease.
- ☒ It is also helpful when we are rather absent-minded because we have such a strong one pointed focus and thus tend to neglect tending to what we feel are the less important things in life. This can create problems for us which don't need to be there.
- ☒ Affirmation: *'My mind is keen and focused. I learn new things easily and joyfully'*

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

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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.