

Black Olive Shell

Releasing Patterns of Over-Giving and Over-Responsibility Prioritising Time and Energy and Attracting Prosperity



- ☒ This shell essence works on health and prosperity issues and treats the pattern of over-giving and over-responsibility in your relationships and business life.
- ☒ It helps when you're burned out from supporting others, particularly emotionally. You may find that others are draining you but don't know how to change the situation, so you feel cornered. Black Olive Shell helps you to manage other people's expectations which have become a burden, so that you can let go of your caring role with loving kindness.
- ☒ If patterns of over-giving and an over-developed sense of responsibility mean that you aren't giving yourself or your loved ones enough time and attention, this essence brings your awareness to the real priorities in your life, to those who need your nurturing first and foremost, including yourself.
- ☒ It's a supportive essence in business if you have a pattern of being diverted from your business goals by the need to fulfil all the expectations of your clients or customers, however unreasonable. If you find that you're not developing your business the way you want because you over-serve or give too much away, this essence will help you to feel comfortable saying 'no' and to put boundaries around your time.
- ☒ It helps get to the bottom of health issues. It helps attract what or who you need to resolve them.
- ☒ It helps to release unhelpful negative thoughts and patterns related to money, so that you're able to see and experience yourself thriving financially.
- ☒ If you have pattern of over-giving and over-responsibility your environment can often suffer from a lack of time and attention, creating a build up of past energy. This essence can help to spur you on to release the past by clutter-clearing. This will free up energy and clarify your focus, allowing space for new projects and growth that can attract greater prosperity.
- ☒ Useful Affirmation: *'I act only my inner guidance, which is helping me to create my life vision'.*

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.

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This essence is part of the Spirit of Transformation Business Success blend:
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