

Chamomile

Calm Serenity



- ☒ Aligns the mental body and balances the solar plexus allowing the release of emotional tensions.
- ☒ Brings calmness, serenity and freedom from anxiety.
- ☒ Higher wisdom, philosophies and factual, academic and linear information are absorbed more easily.
- ☒ Since it creates emotional stability, emotions can be examined with more objectivity and there is calmness in the stomach.
- ☒ On a cellular level it stimulates morphine-like properties in the brain.
- ☒ It stimulates the pineal gland, which creates a sense of harmony.
- ☒ The test point is the shoulder blades.

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 Feeling Safe Amid Change blend:

<http://www.spiritoftransformation.com/transformationessences.htm#feelingsafe>

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

and the Gurudas Essence Books: <http://www.spiritoftransformation.com/essencedirectory.htm#recommendedreading>

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