

## Columbine

*Releasing Procrastination, Discouragement and Scattered Energy  
Brings Confidence, Positivity and Intuitive Guidance*



- ☒ It helps when we feel uncertain or lost in life choices.
- ☒ It provides insight into our true identity and our highest purpose.
- ☒ It activates the brow and crown chakras and strengthens attunement to the angelic kingdom.
- ☒ It helps when we're overly sensitive and need a lot of care, helping us stay centred and balanced.
- ☒ It supports us when we're procrastinating and looking for excuses to avoid doing what's difficult.
- ☒ Columbine helps when we get depressed by the difficulties of life or when we're inspired but scatter our energy in many directions.
- ☒ This essence helps us become more assertive, pro-active, and positive about life.
- ☒ It eases internal physical stress.
- ☒ Columbine supports the merging of wisdom - between the Higher Self, the heart and the soul.
- ☒ As you take the essence you will appear more independent, more confident in your decisions.
- ☒ You'll begin to know what needs to be done in a situation as well as to intuitively feel the answer.
- ☒ This intuitive knowing is through experiencing your accumulated wisdom, the feeling comes as a result of your open heart. When these two are in harmony, decisions are made more smoothly because you're allowing Divine guidance to flow through your bodily systems without the blocks of doubt. The result of this merger will be tangible in your decision making process and a higher degree of fulfilment will be yours.

**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 Gemini-Mercury blend:**

<http://www.spiritoftransformation.com/planetaryessences.htm#gemini>

**Acknowledgement and Thanks** With acknowledgement and thanks for this information to Light Expression Essences: <http://www.lightexpression.com/deflower.html>

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