

Cosmos

Emotional Expression
Clear Communication



- ☒ Cosmos essence connects the heart and throat chakras, allowing us to express our feelings with much greater ease, especially difficult, suppressed emotions.
- ☒ It's very useful if we feel impatient or upset when we try to share how we feel, or our thoughts emerge too incoherently for us to get our point across.
- ☒ It enables us to express ourselves clearly and creatively so it's especially useful for film or stage work, for inspirational speakers, channels or anyone involved in public speaking.
- ☒ It's useful when learning languages and helps you become more articulate.
- ☒ It promotes clear communication where each party is able to empathise and listen to the other.
- ☒ It's very helpful if you're reserved or withdrawn or you're feeling indecisive as it helps you explain where you stand with greater clarity.
- ☒ It brings the etheric, mental and spiritual bodies into alignment.
- ☒ It facilitates communication with animals and plants, especially via speech and music.
- ☒ Useful Affirmation: *'I express my thoughts clearly and calmly from my heart, listening closely and communicating effectively.'*

Please Note: Individual essences are not available from Spirit of Transformation, as a spiritually guided bespoke blend is much more powerful. If this essence resonates for you, then order an 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>

This essence is part of the Spirit of Transformation Throat Chakra blend:
<http://www.spiritoftransformation.com/chakraessences1.htm#throatchakra>

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

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

Photo by Nikki Wyatt

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