

Fairy Penguin

*Releasing Fear and Darkness
Coming into Lightness and Joy*



- This essence shows us how to lighten up, releasing mild states of depression or fear.
- It helps if we have a tendency to worry incessantly.
- It makes it much easier to move towards those things that give us joy.
- It helps workaholics who fear that if they take time off, everything they have worked so hard to build will fall apart.
- All Penguin medicine helps us to move in and out of our body at will, such as conscious astral projection and it supports us when we're going through any sort of 'death or dying' process, be it an actual physical death or an aspect of our mental, emotional or spiritual self that is transforming.
- This is a wonderful essence for dark nights of the soul!

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:

Morningstar Essences: <http://morningstar.netfirms.com/aussie2.html>

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