

Garnet Throated Hummingbird

Valuing Your Time and Energy

Focusing on Prosperity and Charging Your True Value



- ☒ This essence encourages you to talk about thriving and plenty rather than not having enough.
- ☒ It ensures that your focus is on all that you receive and prompts you to express gratitude for it.
- ☒ It assists in releasing any blockages in your throat chakra which make it difficult for you to market yourself and express the value of your gifts.
- ☒ It helps you understand how much your time and energy are worth so those around you do so too.
- ☒ It's a wonderful essence if you find it hard to charge in accordance with the true value of your services.
- ☒ Useful Affirmation: *'My conversation is always about prosperity. I'm thankful for all that I receive in return for my time and I know that I deserve it. I'm comfortable asking for the true value of what I offer from an abundant universe'*.

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 Business Success blend:

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

Acknowledgement and Thanks With acknowledgement and thanks for this information to:

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

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