

# Lemon

*Mental Clarity*  
*Eases Stress, Helps Learning*



- ☒ Now native to India, Lemon was used extensively both in Lemuria and Atlantis.
- ☒ It primarily affects our mental body cutting through confusion and clarifying and sharpening our thought process, enabling us to see connections and make decisions more easily.
- ☒ It helps when we have become too intensely caught up in feeling and have lost our sense of lightness and fun.
- ☒ As it supports left-brain processes Lemon is helpful if we need to memorise information such as when we're revising for exams or when we need mental dexterity such as learning languages, geometry, design or mathematics.
- ☒ It supports us in speaking more fluently.
- ☒ It works well with colour healing and can be very physically relaxing.
- ☒ It can impact the hair.

**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:

Crystal Herbs: [http://www.crystalherbs.com/shop/aftrack.asp?ID=74&Req=prodtype.asp?PT\\_ID=81](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>

Photo courtesy of [Stephanie Berghaeuser](http://www.sxc.hu/photo/694414): <http://www.sxc.hu/photo/694414>  
Copyright: Nikki Wyatt, Spirit of Transformation. All rights reserved.

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