

Pelican

Releasing Past Anger

Learning Soul Lessons Whilst Flowing Freely in the Present



- ☒ This essence helps us to use our energy and resources wisely and effectively.
- ☒ Pelican essence encourages us to digest our experiences as important lessons so that they become soul food.
- ☒ It creates more fluidity and buoyancy in our system, helping to balance our emotions and keep them flowing freely.
- ☒ It helps the release of grudges, resentments or bitterness we may be holding onto.
- ☒ Useful Affirmation: *'I allow my feelings to flow easily. Releasing toxic emotion from the past and absorbing the lessons of the present to experience greater wisdom and illumination.'*

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 Karmic Healing blend:
<http://www.spiritoftransformation.com/karmicessences1.htm#karmichealing>

Acknowledgement and Thanks With acknowledgement and thanks for this information to:
Morningstar Essences: <http://morningstar.netfirms.com/shamanic2.html>

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