

## **Squash / Marrow**

*Stabilising, Balancing and Potentising  
Fertility, Sexuality and Pregnancy*



- ☒ In Lemurian times Squash was used to embody the qualities of male and female energy. The essence supports us in choosing a balance of these energies and integrating them with the divine, so that we have sense of a complete interconnectedness with spirit.
- ☒ The conflict that can exist within us due to our masculine and feminine energies being out of harmony is often felt as irritation or rage. Squash helps to restore harmony, particularly when we are able to take a moment to be still and go within.
- ☒ Squash works in the sacral chakra and can inspire us to overcome blocks to creativity, whether due to personal karma or social conditioning.
- ☒ It can help us clarify our sexual preferences, supporting us in reaching a sense of oneness.
- ☒ It increases access to our emotions and our physical sensations; this is especially true for men.
- ☒ Squash aligns the chakras above the crown with the heart and solar plexus chakras – this is especially true if taken by a woman who is dedicated to following a journey of personal growth.
- ☒ This essence has a strong association with fertility, pregnancy and birth.
- ☒ Squash essence can help stabilise moods and is very grounding.
- ☒ The base and sacral chakra are stimulated with this essence, helping the rise of kundalini energy.

**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 for Attunements:** <http://www.spiritoftransformation.com/Attunements.htm>

**This essence is part of the Spirit of Transformation Inner Balance blend:**

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

**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)

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

Photo courtesy of Valerie Everett: <http://www.flickr.com/photos/valeriebb/180671080/>  
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.