

Attunement - Covering Email

The start and end of the email are general and relate to anyone receiving an attunement. The central section is a personal summary written specifically for you. This is an example:

'Your attunement has strong themes of not being really grounded and birthed into the world. There is difficulty in committing to being here because there is so much survival fear and old emotional trauma, both past life and through your ancestral line. This is also reflected in money issues; it's difficult to maintain financial flow because there is a deep level where you don't feel nourished or supported and you cannot trust enough to allow that to happen. There's an ancestral disconnection in the mothering process which plays an important role and this attunement will bring up the hurt associated with this, so be prepared to release some grief over the next few weeks.

There is a strong pattern of holding in your feelings until they explode and overwhelm you so this blend will help them to flow more gently and help you feel less judgemental of what you may think of as 'negative' thoughts and emotions.

There is a lot of fear of a change you need to make to move forward now which is creating resistance and making this step seem very difficult and daunting. As the attunement takes effect you will see that it is simpler and easier than you imagined. You will also feel less intense so that you can see your situation more objectively. I would strongly suggest that you join a group or find an activity that encourages regular emotional connection and release, as the tendency to suppress is a deep karmic pattern that will release as you practice dealing differently with your feelings – less telling yourself to 'pull yourself together' and more open-hearted sharing. This blend will help you relax and encourage you to put healthier practices in place.'

The essence descriptions are attached to this email.

Order an attunement here:

<http://www.spiritoftransformation.com/Attunements.htm#howtoorder>