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Personal Attunement -Sample

Using Your Remedies

Thank you for ordering your attunement. The essences are in the post. Your Deep Acting Essence blend is to be taken 4 drops 2 x per day, (the dosage is also on the bottle, if you forget). They are best taken 20 minutes away from any food or drink (except water) and away from any other medication or toothpaste. They can be safely taken alongside any other prescribed medication or remedies. If you find it easier, you can take them by sipping them in water. When you come to the end you can tip the last drops out straight from the bottle. Try not to let the pipette touch your mouth or tongue. Try to keep the bottle away from direct heat or sunlight and don't leave for long periods on a computer or next to a mobile phone.

Here is a full description of the essences, so that you can track developments. Since the essences work at an unconscious level, we are necessarily unconscious of many aspects of them needing balance within us – these can become more apparent once you have been taking them for a while. For example you may feel much more relaxed, more confident, find it easier to meditate, to dream vividly or make decisions.

Your Blend

Pheasant Tailed Jacana: A useful essence for when we get caught up in the illusion that material security brings emotional security. This helps you choose to stay open to material abundance, whilst finding more authentic and lasting ways of having your emotional needs met. Useful Affirmation: *'I feel abundant secure and supported from within.'* Morningstar Essences

Sugar Palm: For when we tend to attract large numbers of people who are seeking guidance and support. While we desire to be of service, the sheer numbers or complexity of the issues being presented to us for resolution may leave us feeling overwhelmed and overextended. This essence helps to remind us that it is Spirit that does the real work and to step back and allow the Universe to provide the needed words or counselling support through us. This essence is also very helpful for those who tend to set aside their own important projects and goals in an effort to serve all those who come to them for help. Sometimes the greatest good may be achieved by ensuring that we do allow time when our own goals and desires come first rather than always pushing them into last place. Morningstar Essences

Rhododendron: Helps us towards following the will of the spirit. Helps us be less obstinate and rigid. It encourages us to be more flexible and open to change. It's excellent when we try and force a solution, rather than trust in the flow. We may feel desperation, frustration or blame; trying harder and harder when it's better to step back and take a quiet look at the bigger picture. This essence encourages us to detach from our beliefs and view things from our soul's perspective so we can lighten up and see how we've become trapped, particularly by the belief that there's an answer to everything. The fixed ideas creating these states may have their roots in our childhood. Rhododendron patterns often develop when we've tried to meet parental expectations, such as around school work. When we're holding on to the past and past ways of doing things, Rhododendron helps us let go. This is a great essence for overwork, bringing a less frenetic, more relaxed approach to life. This is an excellent essence if we're stubborn, too single-minded or find ourselves endlessly repeating experiences and relationships. It gives us insight into the higher reality of a situation and faith so that we can react from a state of mind which supports our growth rather than defends an old position, thus creating a new experience. Crystal Herbs, Bailey Flower Essences, South African Flower Essences.

Apple: This essence helps us to release bad habits that contribute to health problems. It purifies our energy field. For when we are seeking to establish better health routines such as taking daily exercise and eating more nutritious foods, this essence can be of great support. Also excellent for those on 'heavier' spiritual paths such as shamanism which can be physically demanding. Useful Affirmation: *'I make the choices that contribute to my splendid good health.'* Morningstar Essences

Glass: Helps to focus thoughts relating to yourself as an individual. As you look out from the window of the mind at the situation this essence brings the hazy picture into sharp focus, replacing illusion with the clarity of truth. As you take this essence you will see yourself as you really are and the situation will be clear. The Gurudas Essence Books, Crystal Herbs,

Peppered Biscuit Root: This essence releases the need for power plays and struggles. It helps us to give up the need to manipulate and control others as well as supporting us when we feel manipulated and controlled by other people, to look at why we've attracted this situation. When we're being controlled it helps us to take the steps needed to break free. When we're controlling it helps us to become much more willing to allow other people to be as they are without trying to direct and control their behaviour. Useful Affirmation: *'The only person I can control is myself. The only person who can control me, is me.'* Morningstar Essences

Jade: Jade is a karmic essence which works in the heart chakra, generating divine, unconditional love, helping us ground our emotions, especially irritability, and healing deep emotional hurt. It helps with purification and connects us both to higher wisdom and to nurture, strengthening the mind-body connection. It helps us take responsibility for ourselves and creates a calmer, more optimistic outlook. It gives us a fresh perspective so that mountains turn into molehills that are easily dealt with. We are able to choose more wisely and share more easily with an increased connection to our psychic gifts. Messages can be given to us in dreams when we take this essence, ancient knowledge may awaken within us and we have a greater sense of who we really are; a spiritual being having a human experience. Jade supports us when we need to express our feelings to our family. Jade allows us to feel an instinctual connection with the Earth and its support to our physical body at a time when we may have lost that connection. Jade helps to balance the etheric patterning of our organs of cleansing and elimination, particularly the kidneys. It helps maintain the pH balance of bodily fluids. Crystal Herbs, *The Crystal Bible* by Judy Hall and *Gem Elixirs and Vibrational Healing* by Gurudas

What to Expect This combination should last you about three to five weeks. You may notice memories coming up or physical reactions; just acknowledge them as ways of releasing patterns which no longer serve you. *The quickest way to release emotions is to feel them!* So if you can, find a safe space to vent your feelings – shouting on the football pitch is good! It can help to write the feelings down; to make notes of your feelings, dreams, physical symptoms and changes in thought or behaviour patterns as they can change so much over even a short period. **Remember:** Essences often bring up for release the patterns that stop us experiencing what we want in our life. ***When we release that which doesn't serve us, we make room for what does.***

Additional Help

Bach Flowers are also helpful in easing any shifts or changes and can be taken alongside these deep acting remedies. They work on the conscious mind, so will help release anything which emerges from the unconscious for clearing. For a full description of Bach Flowers please see my website. If you wish to self-prescribe Bach Flowers, please be aware that not all Bach Flower brands contain the same level of energy. I recommend **Crystal Herbs** and **Healing Herbs** as retaining the original strength of the Bach Flowers. As a rule of thumb, steer clear of any mass-produced brands you find in chemists and health food chains; they are likely to be ineffective.

Please Note: Using essences is not a substitute for medical attention - if you are ill consult a medical practitioner.

Warm Wishes,

Nikki Wyatt

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Tel: +44 1273 77 33 24 Mondays, Tuesdays and Thursdays