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Sample Attunement - Essence Description

Using Your Essences

Thank you for ordering your attunement. 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). Please take the essences 20 minutes apart from each other. They are best taken 20 minutes away from any food or drink (except water) and away from other medication. They can be safely taken with other prescribed medication or remedies. If you prefer, you can also take them by sipping them in water. When you come to the end of your blend you can tip the last drops out straight from the bottle. Try not to let the pipette touch your mouth or tongue. Please keep the essence bottle out of direct sunlight and away from heat sources. Do not keep it next to mobile phones or computers for prolonged periods.

Here is a full description of the essences, so that you can track developments. Since the essences work at an unconscious level, we're necessarily unconscious of many aspects of them needing balance within us – these can become more apparent once you've 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 Essence Blend

Poke Weed: This essence is very helpful for those who find they have reached a plateau in their spiritual, mental or emotional evolution and healing process. It helps to get the energy moving again so that we may continue to evolve on any level more easily and comfortably. Affirmation: *I am now on the move yet again, taking great strides forward in any area of my life that I choose*

Shooting Star Rose Pink: Major healer for the heart chakra, helps to ease and soothe a broken heart while allowing one to begin the process of trusting others and life once again. Attunes us to the Unconditional Love of the Universe, attracting more love and support from other people as a result. This essence has a very uplifting, peaceful quality. Useful Affirmation: *Love renews and heals me on every level*

Red Valerian: This essence calms and cools a hyper-active base chakra. Often we feel severely stressed and under huge pressure to accomplish more in life. We find it very difficult to ease up on ourselves and take a break. This is often due to survival issues that we've been unable to address. The base chakra may then respond by pushing us to do more and more until burnout occurs which can leave us feeling anxious as well as depressed. This essence helps to bring the base chakra back into balance while helping us to work through our survival issues in ways that are much healthier and more positive.

White Indigoberry: Feeling resentful due to others always expecting you to take responsibility for helping them sort out their problems rather than feeling that it's okay for you to say NO. Helps you understand why you feel compelled to jump in and help, even when it becomes damaging to you to do so and helps you to release this compulsion. For those who have a repetitive problem with this issue, this essence is extremely helpful, especially if you often feel that you're being taken advantage of. Useful Affirmation: *'I allow others to lead their own lives as they see fit. I know all is truly well.'*

Plum: Keynote: Empowerment. Physically it cleanses the colon. Helps the highest spiritual energy enter the material world. Brings practical solutions to problems. Increases our awareness of our surroundings and encourages effective use of our personal power. It increases self-worth and self-motivation. Plum is a strong prosperity essence to work with when embarking on a new business or project where capital or other financial support is needed. When we have difficulty in allowing our creative work to support us financially or we fear that what we have to offer will never be sought after, this essence is invaluable. It's also useful when we feel our money supply has dried up and there appears to be little sign that the energy will be fruitful again. Understanding that money energy flows in cycles, at times the tide is in and at times it goes out again, yet if we're steadfast and continue to follow our intuition, all will indeed be well. Useful Affirmation: *I see and feel myself with all the money and resources I need in my life right now and it is so.*

Nectarine: Nectarine is for those who need a strong and yet very gentle Father presence in their lives. It is wonderful for connecting with our Inner Father and can be used to help heal any issues relating to our physical father as well. Useful Affirmation: *I experience the love and support of my Inner Father at all times.*

What to Expect

This combination should last you about a month to six 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 or in a car with the windows closed is good! It can help to write the feelings down; to make notes of your 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.

Recycling I recycle bottles wherever possible. Occasionally, if the rubber nozzle is past its natural lifespan, this may result in a slightly rubber taste to the blend. If this occurs, please contact me, so I can send you a replacement and/or ensure it's not recycled again.

Warm Wishes,

Nikki Wyatt

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

Essence information courtesy of Morningstar essences: <http://morningstar.netfirms.com/>



239 The Mount, Holmes Avenue, Hove, East Sussex BN3 7LH, United Kingdom
Tel: +44 1273 77 33 24 Mondays, Tuesdays and Thursdays