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## **Sample Standard 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 don't leave the bottle in direct heat or sunlight or keep it for prolonged periods on a computer, a microwave oven or next to a mobile or digital phone base.

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**

**Cosmos:** Cosmos has the rare ability of combining the heart and throat chakras. It generates composure before speaking or initiating artistic expression. It is invaluable for writers, actors or those in leadership positions. Linguistic abilities increase. It helps two people respect and listen more intently to the other person's position. This is an excellent remedy when we feel shy, introvert or are procrastinating; it enables us to express our philosophy and opinions more easily. Cosmos aligns the etheric, mental and spiritual bodies. This combined with its effect on the throat and heart chakras allows us to better express ourselves and to release emotional tensions stored in the heart. Gurudas Essence Books, Crystal Herbs,

**Idocrase:** This essence enables us to live in the here and now. It strengthens our connection to our higher guidance, aligning us with our natural flow of abundance, love and compassion. It releases feelings of limitation and being trapped, especially when these relate to past life as well as current life experiences. It helps anger and fear to gradually dissipate, so that we feel safe and secure. It helps us create closer, more heart-centred, loving relationships. It helps us to think more clearly and positively, uplifting our thoughts and bringing a more optimistic frame of mind. It encourages original creative thought, curiosity and an adventurous spirit. It encourages laughter and increases our appreciation of the magical side of life. It imbues us with courage, lights our inner fire and helps us to align with our life purpose. Useful Affirmation: *'My mind is clear and full of positive thoughts. I'm excited, joyful and creatively present'*. *The Crystal Bible* by Judy Hall, Morningstar Essences, Crystal Herbs

**Toadflax:** This essence infuses you with courage so that you can find renewed strength to move forward with life. It encourages you to connect with the safety of Mother Earth and ground your fears of what may happen in the future. It promotes the release of negative ancestral thought patterns and beliefs in lack, so that you can vision a joyful future full of new and unconventional possibilities. It opens you to miracles and a passionate life based on a firm foundation of positivity. Useful Affirmation: *'I'm open to miracles and positive beliefs about the present and future. I'm flooded with courage and joy.'* Crystal Herbs, Diamon Naturals,

**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.'* Morningstar Essences

**Kyanite**: This helps us connect with our Lightbody and to re-align with the higher energy now coming in, receiving wisdom from other dimensions which may later emerge during meditation. Kyanite essence helps us maintain an awareness of ourselves as spiritual beings with free will. It helps us with meditation, connecting with our soul purpose, our intuition and psychic work. It help us to be and to express who we truly are. All crystals act as amplifiers and Kyanite has a particular affinity for high frequency vibrations, so it helps us connect with our personal guides and with ascended masters to support our growth. It's a wonderful tool for meditation and energy work as it allows illusion, stress, fear, frustration and rigid ideas to be illumined with a higher truth. It supports us in reaching deep meditative states of peace even when we're surrounded by chaos. It facilitates dream recall and healing during sleep. Physically it stabilises our energy field and clears the meridians, restoring life force. Useful Affirmation: *'I receive the highest wisdom that is possible for me, experiencing and expressing my authentic self ever more clearly'* The Essence of Mineral Make Up, Crystal Herbs, Judy Hall's *The Crystal Bible*,

**Octopus**: This essence helps us feel at ease with deep feelings, enabling us to plumb the depths of our emotions. It supports us in adapting to our surroundings and brings the flexibility to flow where our emotional tides are taking us, peacefully and without resistance, especially during times of great change. It offers us protection from those who may seek to come too close or who have an agenda which doesn't serve us. Octopus enables us to create a veil of illusion behind which we can relax in happy solitude. It helps us stay grounded whilst navigating deep powerful feelings. It can suggest unusual ways of achieving our goals without effort or conflict. It encourages us to let go of what no longer serves us, secure in the knowledge that we can manifest something greater and more appropriate to our new level of growth when we need it. Wild Earth Animal Essences, What's Your Sign.com

**What to Expect** This combination should last you about three to four 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. It can help to write 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 the website: <http://www.spiritoftransformation.com/Choosingyourblend.htm>

Warm Wishes,

Nikki Wyatt

[www.spiritoftransformation.com](http://www.spiritoftransformation.com)

To order an attunement: <http://www.spiritoftransformation.com/Attunements.htm#howtoorder>



**N.B.:** Essences are not a substitute for medical attention-if you're ill consult a doctor