



Amethyst

*Releasing Fear, Sadness and Anger
Bringing Clarity, Balance and Calm*



Affirmation: *'I feel calm, centred and relaxed. I release fear and sadness to embrace love, wisdom and contribution'*

This essence is in the Spirit of Transformation blend:

Karmic Grief and Trauma: <http://bit.ly/tUvltz>

Spirit of Transformation does not sell single essences. Essences are like people - they usually work best as part of a team! If you feel drawn to this please request it as part of a personal attunement blend.

Channeled Personal Attunements: <http://bit.ly/XBzFsP>

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With acknowledgement and thanks to Crystal Herbs: <http://bit.ly/18VJ1Uo>
where you may be able to order this as a single essence

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

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