

Apple

Support for Healthy Habits



- ☒ Helps to release bad habits that contribute to health problems.
- ☒ Purifies our energy field.
- ☒ For those who are seeking to establish better health regimens 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.'*

Please Note: Individual essences are not available from Spirit of Transformation, as a bespoke blend is much more powerful. If this essence resonates for you, then order a spiritually guided attunement to receive your personal essence blend, mentioning in your email that you'd like this particular essence as part of your blend.

Click here for attunements: <http://www.spiritoftransformation.com/Attunements.htm>

This essence is part of the Spirit of Transformation Healthy Choices blend:
<http://www.spiritoftransformation.com/transformationessences.htm#healthychoices>

Acknowledgement and Thanks

With acknowledgement and thanks for this information to Morningstar Essences. <http://morningstar.netfirms.com/fruit.html>

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