

# Apricot

## *Balancing Moods – Adding Sweetness*



- ☒ Helps to balance mood swings and extreme emotional states.
- ☒ Emotionally Apricot infuses you with light-heartedness and joy.
- ☒ Eases mood swings associated with a woman's monthly cycle and also can help to release the desire for sugar and chocolate at these times.
- ☒ Calms the nervous system and supports us in not taking on more than we can reasonably handle but to focus on those things in our life that are the most fulfilling and productive.
- ☒ May help those who crave sweets due to a lack of "sweetness" in their lives.
- ☒ Promotes a free flow of energy between the mental and etheric bodies,
- ☒ Apricot opens the chakra at the tip of the shortest finger on each hand. This chakra stabilises pulses throughout the body.
- ☒ It also alleviates allergies caused by agitation in the mental body.
- ☒ Can help with problems of self-image manifesting in the skin and facial complexion.
- ☒ Useful Affirmation: *'Life is sweet and fulfilling for me!'*

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