



## **Aquamarine**

*Beauty, Courage and Inspiration in Self-Expression  
Clear Past Baggage - Take Appropriate Responsibility*



Affirmation: *'I express my true self with courage and inspiration. I treat myself and others with compassion. I serve with integrity and clear boundaries around my responsibilities.'*

**This essence is in the Spirit of Transformation blend:**

**Higher Heart/Thymus Chakra:** <http://bit.ly/XL7UNt>

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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<http://www.flickr.com/photos/orbitaljoe/79746321/>

**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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