

# Azalea

## *Speaking Openly from the Heart*

### *Releasing Self-Judgement*



- ☒ This essence works primarily to balance the heart, throat, third eye and crown chakras.
- ☒ It encourages us to express the full range of our feelings without judging them to be unacceptable, unwelcome or overwhelming. It increases our ability to empathise with the person we're speaking to, so that we communicate in a way that they can stay open to receive.
- ☒ It eases fears that what we say will be criticised, invalidated or belittled, allowing us to be open, authentic and vulnerable.
- ☒ It links the heart and throat chakras so that we're able to speak both from love and a place of power.
- ☒ It helps us be less guarded in our speech and helps us express ourselves more gently and tactfully.
- ☒ It helps with patterns around authority which often stem from unresolved issues in our relationship with our father. We may either toe the line too much and be too submissive or we may refuse to comply for the sake of it, even when it's not in our best interests.
- ☒ It can help men to become more aware of their relationship with their children, helping them to connect more closely to them and take on more responsibility.
- ☒ It encourages us to step into a balanced expression of our own power and follow the guidance of our inner authority, so we're no longer triggered by external dictates.
- ☒ It opens our creative centre bringing inspiration and new ideas, so it's a very useful essence if you want to map out the manifestation of a vision in clear action steps.
- ☒ It eases self-doubt so that we're able to offer our gifts with confidence.
- ☒ It makes us more aware of nature's cycles and our own biorhythms, so that we know when to rest and when to move into action. It helps us know when we've done enough so we allow the universe to continue the manifestation process whilst we remain still, relaxed and receptive.
- ☒ Useful Affirmation: *'I express my feelings confidently, without judgement. I speak gently and powerfully from the heart.'*

**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 Throat Chakra blend:**  
<http://www.spiritoftransformation.com/chakraessences1.htm#throatchakra>

**Acknowledgement and Thanks** With acknowledgement and thanks for this information to:  
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