



## **Baryte/Barite**

*Stability, Harmony and Understanding  
Self-Acceptance, Freedom and Self Worth*



Affirmation: *'I follow the promptings of my dreams with confidence, enthusiasm and humility.'*

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

**Move Forward – Get Unstuck & Blossom:** <http://bit.ly/fk6m47>

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** Morningstar Essences: <http://morningstar.netfirms.com/gem.html> and  
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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