

## Bengal Trumpet Vine

### *Speaking with Confidence*



- ☒ This essence helps us attune to our Soul energy and purpose and to give it expression.
- ☒ It opens and clears the throat chakra, helping us speak more clearly and confidently.
- ☒ Orange-Red in colour, Trumpet Vine essence brings greater warmth and colour to our voice.
- ☒ It helps with public speaking and acting, bringing greater eloquence and emotional depth.
- ☒ It supports the development of channelling.
- ☒ It helps issues around speech, such as stammering or feeling unable to express our real feelings.
- ☒ It can also help us learn a new language more easily.
- ☒ It's a wonderful essence if we feel nervous about speaking up for ourselves and asserting our position, needs or desires. It works particularly well if we have a belief that we will be punished for openly expressing what we want or need; also if we believe that other people never listen to us or, if they do, that they don't feel what we say has any value.
- ☒ It works very gently, encouraging small changes, so we gradually feel more comfortable with speaking authentically.
- ☒ Useful Affirmation: *'I feel good about what I have to say, I know it is totally OK for me to share the truth of who I am.'*

**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 Speaking Your Truth blend:**

<http://www.spiritoftransformation.com/transformationessences.htm#speakyourtruth>

**Acknowledgement and Thanks** With acknowledgement and thanks for this information to Crystal Herbs: [http://www.crystalherbs.com/shop/aftrack.asp?ID=74&Req=prodtype.asp?PT\\_ID=81](http://www.crystalherbs.com/shop/aftrack.asp?ID=74&Req=prodtype.asp?PT_ID=81)

Ananda Apothecary: <http://www.anandaapothecary.com/fes-north-american-flower-essences/trumpet-vine-flower-essence.html>

Photo by Nikki Wyatt

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