

# Chamomile

## *Calm Serenity*



- ☒ Aligns the mental body and balances the solar plexus chakra allowing the release of emotional tensions.
- ☒ Brings calmness, serenity and freedom from anxiety.
- ☒ Higher wisdom, philosophies and factual, academic and linear information are absorbed more easily.
- ☒ Since it creates emotional stability, emotions can be examined with more objectivity and there is calmness in the solar plexus chakra
- ☒ On a cellular level it calms mental activity.
- ☒ It creates a sense of harmony by stimulating the crown chakra.
- ☒ The test point is the shoulder blades.

**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 Taurus-Earth/Venus blend:**

<http://www.spiritoftransformation.com/planetaryessences.htm#taurus>

**This essence is part of the Spirit of Transformation Feeling Safe Amid Change blend:**

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

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

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and the Gurudas Essence Books: <http://www.spiritoftransformation.com/essencedirectory.htm#recommendedreading>

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